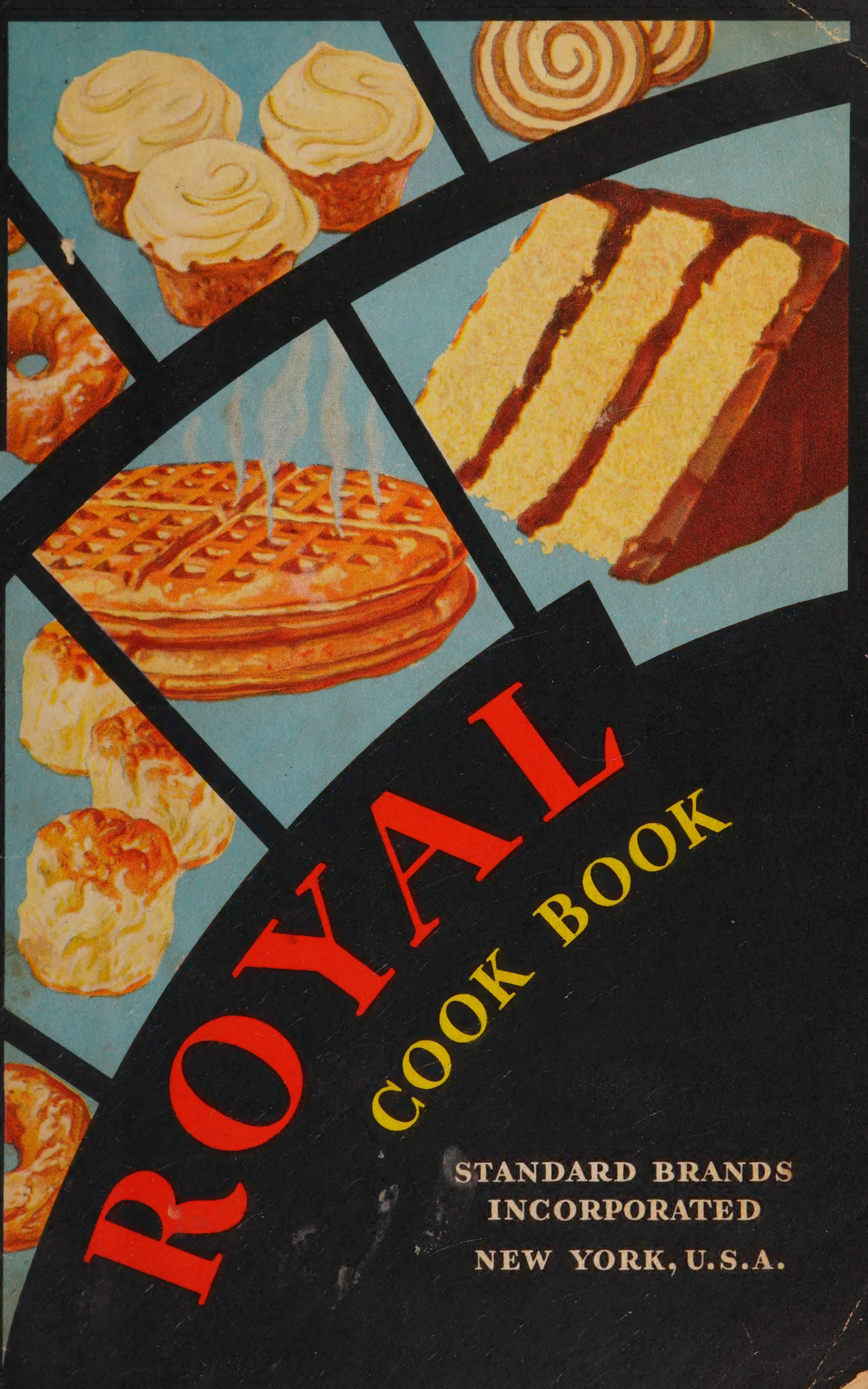

ROYAL COOK BOOK

STANDARD BRANDS
INCORPORATED
NEW YORK, U.S.A.

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SINCE 1878 the Royal Cook Book has been the popular handbook of good cooking among housewives. In this latest edition the baking recipes have all been retested—and written in the simplest form. The most popular of the older recipes and dozens of attractive new ones are here, making the book more helpful and satisfactory than ever. Millions of women have found the Royal Cook Book to be what we intended it to be—a practical and trustworthy guide to good cooking.

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Royal Cook Book

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Cream of Tartar

—the precious ingredient

FROM rich, ripe luscious grapes comes cream of tartar—the precious ingredient of the best baking powder.

In the world's most famous vineyards the grapes are picked—their juice gently pressed out and set aside to cool and age. In the juice the wonderful process of Cream of Tartar crystallization takes place. These crystals go through a rigorous process of refinement, which includes many washings in boiling water and re-crystallizations, and at last are ground into a very fine white powder. The great care taken throughout results in a product of remarkable purity.

Only a few generations ago there was no prepared baking powder as we know it today; your grandmother used cream of tartar and soda to make her delicious cakes and biscuits rise.

And cream of tartar is still the best ingredient known for baking powder. It makes a thoroughly reliable baking powder that leavens as well for the beginner as for the experienced cook. It makes a thoroughly wholesome baking powder because it is a pure product of ripe grapes.

What experts say:

JUST to find out what experts think, large groups of authorities on food and health were asked recently what kind of baking powder they prefer.

Answers came from thousands of them. And in every group the overwhelming choice of those who answered was "Cream of Tartar Baking Powder."

Would you like to see the figures? Well, of those who expressed definite opinions—

86% of the Domestic Science Teachers in high schools, who answered

88% of the Directors of Home Economics in universities and technical schools, who answered, and

88½% of the Food Specialists who answered—4270 of them—said, "I prefer Cream of Tartar Baking Powder." And

82% of the Hospital Dieticians who replied

81% of the New England Doctors who replied, and

83% of the New York State Doctors who replied stated as their opinion: "Cream of Tartar Baking Powder is best from a health point of view."

HOW TO MEASURE

Use level measurements in all Royal recipes. For accurate, uniform measurements always use a standard measuring cup holding ½ pint (8 oz.) and a set of standard measuring spoons which includes ½ and ¼ teaspoons.

To measure 1 cup of liquid fill to very top; to measure part of a cup, leave cup on table and pour in liquid.

To measure dry ingredients fill cup heaping full, lifting ingredients into cup with a spoon, then scrape off level with back of a straight knife. Do not shake dry ingredients down in the cup. This is especially important with flour. Brown sugar is the exception; it should be packed down firmly.

Butter, or other solid shortening, may be measured more easily by filling the cup with water, minus the amount of shortening to be measured, then add the fat until the water fills the cup.

To measure ingredients with a spoon fill the spoon heaping full, then scrape off excess until level, using back of a knife. To measure ½ spoonful, level off as directed, then divide lengthwise of spoon; ⅓ is measured crosswise of spoon.

Too much emphasis cannot be placed on the importance of accurate level measurements. The illustrations clearly show why. Note the difference between the three teaspoons—the rounding teaspoon contains at least two level teaspoons, while the heaping teaspoon may contain from four to five level teaspoons.

1 level teaspoon

1 rounding teaspoon

1 heaping teaspoon

Table of Measures and Equivalents

3 teaspoons	= 1 tablespoon	2 cups butter	= 1 pound
16 tablespoons	= 1 cup	1 square unsweetened chocolate	= 1 ounce
2 cups	= 1 pint	3 tablespoons Royal Baking Powder	= 1 ounce
2 pints	= 1 quart	2⅔ cups raisins or dates	= 1 pound
4 cups	= 1 quart	3 cups figs (chopped)	= 1 pound
2 tablespoons liquid	= 1 ounce	3½ cups walnuts (chopped)	= 1 pound
2 cups granulated sugar	= 1 pound	10 whole eggs	= 1 pint
4 cups flour	= 1 pound	18 egg whites	= 1 pint
4 tablespoons flour	= 1 ounce	24 egg yolks	= 1 pint
3¼ cups graham flour	= 1 pound		

Correct Temperatures

FOR BAKING

All up-to-date recipes give definite temperatures and time for baking.

Oven Thermometer. If your range is not equipped with thermostatic oven control, a portable oven thermometer should be used. Place on middle shelf when oven is first lighted and leave in during entire baking.

Paper Test. Although this test is not as accurate as either the oven control or thermometer, it will prove helpful when they are not available. Place a piece of white unglazed paper in center of oven after it has been lighted 10 minutes. The heat is correct when paper browns in time specified below.

Oven	Average Degrees Fahr.	Paper Test
Hot	475°—500°	½ min.
Mod. Hot	400°—425°	1 min.
Mod.	350°—375°	1½ min.
Slow	325°	2 min.

FOR SUGAR SYRUPS

Candy Thermometer. A thermometer for all sugar syrups including jelly may be bought on a frame which is clipped on the saucepan during the entire cooking. The mercury bulb must always be below the surface of the syrup and register at least 300° F. If thermometer is unmounted hold it in center of syrup and do not let it touch bottom or sides of pan.

Cold Water Test. If you have no thermometer, drop a small amount of the syrup into a cup of cold water. The proper consistency or "stage" is given below. Remove saucepan from direct flame while testing to prevent overcooking.

Food	Degrees	Cold Water Test
Fudge Frosting.....	232°	Very Soft Ball
Boiled Frosting, Fudge, Fondant, Penuche....	238°	Soft Ball
Caramels.....	242°	Firm Ball
Sea Foam Frosting.....	248°	Firm Ball

INGREDIENTS IN GENERAL

FLOUR. Unless otherwise specified, the flour indicated in Royal recipes means bread or all-purpose flour milled from spring wheat. Bread flour contains more gluten and is best for breads, rolls and biscuits. It is also satisfactory for cakes. For those who prefer a fluffier and more delicate biscuit or cake, pastry or cake flour, which is milled from winter wheat and which contains more starch and less gluten should be used.

Flours such as potato, rice, corn, rye, whole wheat, graham and buckwheat, are also used in quick breads. The usual proportion is one part wheat flour to two parts other flour or half and half. Potato and rice flours require more liquid; they cannot be substituted for wheat flour without changing amounts of other ingredients.

MEALS. Corn meal, rye meal, graham meal, oatmeal (ground), and bran are excellent for quick breads. They should be mixed with other dry ingredients without sifting, as their great dietetic value lies in their husks or bran coats. Coarse meals and flours are not only wholesome and appetizing, but give many pleasant variations to the menu.

BAKING POWDER is a convenient leavening agent and the one most often used in the home kitchen. A cream of tartar baking powder (Royal) is decidedly preferable because of its uniform results. In cakes and other baked foods Royal Baking Powder assures fine texture, delicate flavor, excellent keeping qualities and perfect wholesomeness.

EGGS. For all cakes and especially for sponge cakes, always use fresh eggs. There is no difference in food value between white and brown eggs, but the brown eggs make a deeper yellow cake.

FLAVORINGS AND SPICES. A cake to be attractive must be delicately and appropriately flavored. Besides vanilla there are many other flavoring extracts: almond, orange, lemon, cinnamon, coffee, anise and rose. Combinations of two flavors are good, for example, lemon and vanilla, or rose and almond.

Lemon juice with grated rind is best for sponge cake. Grated orange rind decorates and flavors an icing delicately. Keep a small supply of high grade sweet or "cake" spices on hand—cinnamon, nutmeg, allspice, clove, mace, ginger.

SHORTENING. Shortening is butter, lard, oil or solid vegetable fat used in cooking. Use a good leaf lard or vegetable fat for breads, rolls, pastry and biscuits, or part butter and part other fat. Use butter or butter substitute in cakes, with the exception of molasses cake or gingerbread, where lard or vegetable fat may be used. Butter, because of its flavor, is recommended for cakes, butter icings and fillings. For white cakes a white shortening is often preferred.

Vegetable Cooking Oils are excellent for bread and may also be used in cakes and pastries, but they should be used in lesser amounts than solid shortening and combined with other ingredients differently. Since most of the cooking oils are unsalted, salt should be added.

Olive Oil, delicious in salad dressings and for frying, is not satisfactory for cakes.

SUGAR. Granulated sugar is intended where simply sugar is mentioned for breads, cakes and boiled frosting. For cakes, a very fine granulated sugar is recommended, or ordinary sugar sifted two or three times.

Powdered Sugar makes a fine cake but one that will dry out quickly. For icings it is not so satisfactory as it does not make a perfectly smooth icing.

Ingredients in General—*Continued*

Confectioner's or XXXX Sugar or Icing Sugar is used for uncooked icings and fillings. It combines readily with liquid making a smooth, glossy icing.

Brown Sugar adds a different flavor and is used in some breads, spice, molasses and fruit cakes. The lighter and finer brown sugar has a more delicate flavor and is recommended where Royal cake recipes call for brown sugar.

Maple Sugar and Maple Syrup add a delicate yet distinctive flavor to cakes, icings and fillings. Maple sugar must be grated or shaved, as it ordinarily comes in bars. It is more expensive than either granulated or brown sugar, but may be used in combination with either, or may be substituted for them in slightly less quantity.

Molasses is most wholesome and is used in dark fruit, molasses and spice cakes and to flavor breads. It may be substituted for sugar in the same proportion, using a little less liquid. To neutralize the acid, use ½ teaspoon soda for each cup of molasses.

Honey is a wholesome sweet. It may be used to sweeten breads and may replace all the sweetening in cakes and cookies if ⅓ teaspoon soda is added for each cup honey to neutralize the acid; less liquid is also required.

MILK. Whole sweet milk is intended where recipes call for milk. Soda must be used with sour milk or buttermilk; ⅓ teaspoon to 1 cup thick sour milk, in addition to the baking powder is the proportion. Unsweetened evaporated milk may be used if an equal amount of water is mixed with the milk before measuring.

CHOCOLATE AND COCOA. Unsweetened chocolate is meant unless otherwise specified. Chocolate contains more fat than cocoa so that where cocoa is substituted in a cake, use 3½ tablespoons cocoa and add ½ tablespoon butter for each ounce or "square" of chocolate called for. Either sift cocoa with dry ingredients or mix with just enough milk or water to make a paste and add directly after eggs or egg yolks. Chocolate is usually melted and specific directions for preparing and adding it are given in the recipes. Avoid overheating chocolate as it tends to "curdle." Melt over hot water keeping the water below the boiling point. Cool before adding to cake mixtures.

NUTS AND FRUITS. Almonds should be blanched before using. Pour boiling water over nuts, let stand until skins loosen, drain and slip off skins with the fingers. Chop or slice them while soft; place in shallow pan in slow oven to dry.

Peanuts, hazelnuts, hickory nuts, walnuts, both English and black, and pecans are usually broken in pieces or cut with a sharp knife before adding to a batter.

Raisins (seeded or small seedless), currants, figs, prunes (cooked and raw), dates, citron, angelica (usually for decoration), candied cherries, orange and lemon peel, stewed cranberries, fresh blueberries and even jellies and jams are all good in breads and cakes. Prunes and dates should be pitted before chopping. Raisins are plumper and more juicy if heated in the oven for three minutes.

All fruit should be well picked over; some must be washed and well drained before flouring with very small amount from the measured flour. Heated and floured scissors will cut fruit without sticking.

Biscuits and Rolls

ROYAL BISCUITS

The Master Recipe

2 cups flour
4 teaspoons Royal Baking Powder
½ teaspoon salt
4 tablespoons shortening
¾ cup milk or ½ milk and ½ water

Sift together flour, baking powder and salt; add shortening and mix in thoroughly with fork. Add liquid to make soft dough. Turn out on floured board and toss lightly until outside looks smooth. Roll out ½ inch thick. Cut with floured biscuit cutter. Place on greased pan. Bake in hot oven at 475° F. about 12 minutes. Makes 16 two-inch biscuits.

Handling Biscuit Dough. Biscuit dough must be handled quickly and lightly and only enough to give the dough a smooth appearance. As little flour as possible should be used on the board and the dough should be patted or rolled lightly to the desired even thickness.

Keeping Biscuit Dough. Biscuits may be mixed, cut out and kept several hours before baking. They must be well covered and brushed with melted butter to prevent a dry crust from forming over the tops. Place in refrigerator or other cool place. About one-half hour before baking remove from refrigerator and let stand at room temperature to "warm up." Bake as directed.

High Altitude. No change is necessary except at a very high altitude of 11,000 feet. Reduce the baking powder to 3 teaspoons and baking temperature to 425° F.

Common Causes of Failure. Insufficient mixing; rolling dough too thin; handling too much or baking in too slow an oven.

Burnt Almond Twists

1 master recipe for Biscuits
1 tablespoon brown sugar
¼ cup finely chopped burnt almonds
melted butter

Add brown sugar and burnt almonds to dry ingredients when making biscuit dough. Roll out ¼ inch thick. Cut into thin strips and shape into small braids about 3 inches long. Place on greased baking sheet and bake as directed. When baked brush tops with melted butter. Makes 12.

Golden Cheese Crusts

1 master recipe for Biscuits
few grains cayenne
1 cup grated cheese

Add cayenne to dry ingredients when making biscuit dough. Add cheese after shortening. Roll out ¼ inch thick. Cut into strips about 2 inches by 1 inch. Prick and bake in hot oven at 475° F. about 10 minutes. Serve 2 on top of creamed mushrooms, chicken, fish or other mixture. If used for top crusts for vegetable pies, roll ⅛ inch thick and cut in rounds to fit individual casserole dishes. This mixture may also be cut and baked as small biscuits. Makes 25 small crusts, 15 four-inch pie crusts, or 4 dozen one-inch biscuits.

Orange Biscuit Squares

1 master recipe for Biscuits
1 tablespoon sugar
grated rind and juice of 1 orange

Add sugar and grated orange rind to dry ingredients when making biscuit dough. Turn out on floured board and roll ½ inch thick. Cut into 2-inch squares and sprinkle with granulated sugar and orange juice. Bake in hot oven at 475° F. about 10 minutes. Makes 12.

Cinnamon Cinkets

1 master recipe for Biscuits
⅓ cup sugar
1½ teaspoons cinnamon

Roll out biscuit dough to ¼ inch thick. Mix sugar and cinnamon together and sprinkle over dough. Roll up as for Jelly Roll. Cut into ½ inch pieces. Fry in deep hot fat at 400° F. until puffed and brown. Makes 24.

Maple Sugar Biscuits

1 master recipe for Biscuits
soft butter
grated maple sugar

Make biscuits; roll out and cut as directed. Place on greased baking pan; brush tops with soft butter and sprinkle generously with grated maple sugar. Bake as directed. Makes 16.

Buttermilk Biscuits

1 master recipe for Biscuits
¼ teaspoon soda
¾ cup buttermilk or sour milk

Sift soda with dry ingredients when making biscuit dough. Use buttermilk in place of sweet milk. Bake as directed. Makes 16.

Rich Tea Biscuits

A Master Recipe

2 cups flour
4 teaspoons Royal Baking Powder
½ teaspoon salt
4 tablespoons shortening
1 egg
½ cup milk

Sift together flour, baking powder and salt. Add shortening, mixing in well with fork. Beat egg slightly in measuring cup; add milk to make ¾ cup; add to first mixture. Roll out about ½ inch thick; cut with floured biscuit cutter. Place on greased pan. Bake in hot oven at 475° F. about 12 minutes. Makes 16.

Cinnamon Buns

3 cups flour
6 teaspoons Royal Baking Powder
¾ teaspoon salt
6 tablespoons shortening
1 cup milk
1 egg
butter, softened
¾ cup brown sugar
2 teaspoons cinnamon
½ cup raisins

Sift together dry ingredients, add shortening and mix in well, using a fork. Add beaten egg to milk and add slowly to dry ingredients to make soft dough. Roll out about ¼" thick, brush with softened butter, sprinkle with sugar, cinnamon and raisins. Roll up like a jelly roll. Cut into 2 inch pieces. Cream 6 tablespoons butter with 6 tablespoons brown sugar. Spread this mixture on bottom and sides of iron baking pan or iron skillet. Place pieces of dough in pan, cut edges up. Allow to stand 15 minutes; bake in moderate oven at 350° F. about 1 hour. Remove from pan at once, turning upside down to serve. Makes 10.

Lemon Twists

1 recipe for Rich Tea Biscuits
2 tablespoons soft butter
¼ cup sugar
1 lemon, grated rind and juice

Make rich biscuit dough. Roll out ¼ inch thick. Spread with butter; sprinkle with sugar, lemon rind and juice. Roll up as for jelly roll; cut into 12 pieces. Pinch cut edges together, making flat rolls. Bake in greased shallow baking pan in moderate oven at 375° F. about 35 minutes. Brush tops with melted butter when removed from oven. Makes 12.

Butterscotch Curls

1 recipe for Rich Tea Biscuits
3 tablespoons butter, softened
½ cup brown sugar

Make rich biscuit dough. Roll out ¼ inch thick. Spread with butter; sprinkle with brown sugar. Roll up as for jelly roll. Cut into 1 inch pieces. Stand on end in well-greased, small muffin pans. Bake in moderate oven at 375° F. about 30 minutes. Makes 18.

Strawberry Curls

1 recipe for Rich Tea Biscuits
1 tablespoon sugar
2 tablespoons soft butter
1½ cups sliced strawberries
⅔ cup sugar

Make rich biscuit dough, sifting the 1 tablespoon sugar with dry ingredients. Roll out ¼ inch thick. Spread with butter. Sprinkle with sugar and berries. Roll up as for jelly roll; cut into 1-inch pieces. Place in greased muffin pans, cut edges up. Bake in moderate oven at 400° F. about 25 minutes. Serve as a tea bread or as dessert with whipped cream. Makes 15.

Orange Marmalade Biscuits

1 recipe for Rich Tea Biscuits
⅓ cup orange marmalade

Make rich biscuit dough, using ⅓ cup milk instead of ½ cup. Add orange marmalade to egg and milk mixture, then add to dry ingredients. Roll out and cut as for biscuits. Top each with a little marmalade; bake in hot oven at 425° F. about 15 minutes. Makes 16.

Date Orientales

1 recipe for Rich Tea Biscuits
1 cup sliced dates
1 orange
soft butter
brown sugar

Cook dates and orange pulp and juice together to a thick paste; cool. Roll out rich tea biscuit dough into an oblong piece, ¼ inch thick. Spread with soft butter and brown sugar. Cut into 3 widths. Divide filling into 3 parts. Place a strip of filling about 2 inches wide down center of each strip of dough. Fold over sides of dough. Cut into 2 inch pieces. Place on greased baking sheet, folded side down. Bake in hot oven at 450° F. about 12 to 15 minutes. Makes 15.

Nut and Raisin Rolls

1 recipe for Rich Tea Biscuits
3 tablespoons soft butter
½ cup sugar
⅓ cup chopped nuts
⅓ cup raisins
1 egg yolk

Make rich biscuit dough. Roll out ⅛ inch thick. Spread with butter and sugar; sprinkle with nuts and raisins. Cut into 4-inch squares. Roll up each square as for jelly roll. Press edges together; brush tops with egg yolk beaten with 1 tablespoon cold water. Sprinkle with sugar and chopped nuts. Let stand 15 minutes; bake in moderate oven at 400° F. about 15–20 minutes. Makes 16.

Scones

3 cups flour
4 teaspoons Royal Baking Powder
1 tablespoon sugar
¼ teaspoon salt
¼ teaspoon soda
3 tablespoons shortening
1 cup sour milk or buttermilk

Sift together dry ingredients; add shortening, mixing in with fork; add liquid to make a soft dough. Turn out on floured board; toss lightly until smooth. Cut into 4 equal parts, shape each into a round about ½ inch thick; cut into quarters to make triangular pieces. Place on greased baking pan; bake in hot oven at 425° F. for 20 minutes. Split, butter and serve hot. Makes 16.

Currant Curls

1 recipe for Rich Tea Biscuits
soft butter
¼ cup granulated sugar
grated rind 1 lemon
juice ½ lemon
2 tablespoons currants

Roll out rich tea biscuit dough to ¼ inch thick; spread with soft butter. Mix together sugar, grated rind and currants; spread over butter. Moisten with lemon juice. Roll as for Jelly Roll; cut into about 14 rolls, 2 inches long. Press center top of each roll with handle of knife to make cut edges curl up, permitting currants to show. Bake on greased baking sheet in hot oven at 450° F. about 12 to 15 minutes. Makes 14.

Fig Rolls

1 master recipe for Biscuits (page 3)
1 cup whole wheat flour
1 tablespoon brown sugar
2 tablespoons soft butter
½ cup brown sugar
1 cup dried figs, finely chopped
juice ½ lemon

Make biscuit dough, omitting 1 cup white flour and adding whole wheat flour. Add 1 tablespoon brown sugar to dry ingredients. Roll out ¼ inch thick. Spread with butter, sprinkle with sugar, figs and lemon juice. Roll like Jelly Roll. Cut into 12 pieces. Place close together, cut edges up, in greased square baking pan. Bake in moderate oven at 350° F. about 45 minutes. Makes 12.

California Orange Rolls

1 recipe for Rich Tea Biscuits
soft butter
12 sections orange pulp
sugar

Make rich biscuit dough. Roll out ¼ inch thick. Cut into 3-inch rounds. Spread with soft butter; place an orange section dipped in sugar on half of each round. Fold over to cover orange; pinch edges together. Bake on greased baking pan in moderate oven at 400° F. about 20 minutes. Remove from oven; brush tops with melted butter. Makes 12.

Spanish Buns

2 cups flour
1 teaspoon salt
½ cup sugar
4 teaspoons Royal Baking Powder
¼ teaspoon nutmeg
1 teaspoon cinnamon
½ cup milk
1 egg, well beaten
¼ cup shortening, melted

Sift together dry ingredients. Add milk to egg; add to dry mixture. Add shortening; mix carefully. Roll out ¾ inch thick. Cut into 1½ inch squares and shape into small buns. Place close together in well greased pan. Let stand 10 minutes; make cross on each bun with back of a knife. Bake in hot oven at 425° F. for 20 minutes. When baked, cover with thin icing, made by mixing confectioner's sugar with water to make a smooth paste. If desired, ¼ cup currants may be added to the dough. Makes 16.

Quick Loaf Breads

The Master Recipe

1½ cups flour
5 teaspoons Royal Baking Powder
1 teaspoon salt
¼ teaspoon soda
1½ cups graham flour
1½ cups milk
¼ cup molasses
½ cup brown sugar
1 tablespoon shortening, melted

Sift together first 4 ingredients; add graham flour. Mix together milk, molasses and sugar. Add to dry ingredients. Mix well. Add melted shortening; mix in well. Bake in greased loaf pan in moderate oven at 350° F. about 1 hour. Brush top with melted butter immediately after removing from oven. Makes 1 large loaf.

Nut and Fruit Breads: For variety add to the master recipe 1½ cups seeded raisins; or 1 cup raisins or chopped dates with 1 cup chopped figs or prunes and ¾ cup chopped nuts; or 1 cup dried apricots and ⅔ cup chopped nuts. Fruits and nuts should be added last. Pour boiling water over the apricots and let stand, or soak several hours in cold water, drain and put through food chopper before adding.

Baking Suggestions: Quick breads may be baked immediately or covered and kept in a cool place for several hours until ready to bake. For smooth tops on these loaves, brush with melted butter or milk before baking and again just before taking from the oven.

Baked in small pans or suitable empty covered cans (about 12 oz.) quick breads are especially attractive for sandwiches and can be sliced without waste. Baking powder sandwich breads are better if used the second day.

High Altitude: No changes are necessary.

Peanut Butter Bread

2 cups flour
4 teaspoons Royal Baking Powder
1 teaspoon salt
⅓ cup sugar
½ cup peanut butter
1¼ cups milk

Sift first 4 ingredients together; add peanut butter and mix in with fork. Add milk to make soft dough. Place in greased loaf pan; smooth top and bake in moderate oven at 350° F. about 1 hour. Makes 1 loaf.

Corn Bread

1 cup flour
3 teaspoons Royal Baking Powder
¼ teaspoon soda
1 teaspoon salt
1 tablespoon sugar
1 cup corn meal
1 egg
1½ cups sour milk or buttermilk
4 tablespoons melted shortening

Sift first 5 ingredients together; add corn meal, beaten egg and milk to make a stiff batter. Add shortening; beat until well mixed. Pour into greased shallow pan. Bake in hot oven at 425° F. about 25 minutes. Break into squares; serve with butter. Makes 9 squares.

Orange Bread

peel from 2 seedless oranges, chopped fine
½ teaspoon salt
1 cup sugar
2 cups water
2 tablespoons shortening, melted
1 egg, well beaten
3 cups flour
3 teaspoons Royal Baking Powder

Boil together orange peel, salt, sugar and 1 cup water to make a thin syrup, about 15 minutes. Cool; measure and add remaining water to make 2½ cups. Add melted shortening and well beaten egg. Add flour sifted with baking powder. Mix thoroughly; bake in greased long sandwich loaf pan in moderate oven at 350° F. about 1¼ hours. Makes 1 loaf.

Boston Brown Bread

1 cup whole wheat or graham flour
1 cup corn meal
1 cup rye meal or ground rolled oats
5 teaspoons Royal Baking Powder
1 teaspoon salt
¾ cup molasses
1⅓ cups milk

Mix dry ingredients together well. Add molasses to milk and add to dry ingredients; beat well. Fill greased moulds or empty cans (12 oz. size) ⅔ full. Cover tightly and steam 3½ hours; remove covers and bake in moderate oven at 400° F. until tops are dry. Makes 1 large or 2 small round loaves.

Coffee Cakes

Spanish Almond Coffee Cake

1 cup blanched almonds
⅔ cup shortening
1⅛ cups sugar
3 eggs
⅓ cup cold water
1 teaspoon grated lemon rind
2¼ cups pastry flour
3 teaspoons Royal Baking Powder

Cut almonds in long strips and place in slow oven to crisp. Cream shortening; add sugar slowly, mixing in well. Add well beaten egg yolks; add water and lemon rind. Sift flour and baking powder together; add to first mixture. Fold in stiffly beaten egg whites. Grease a 9-inch square cake pan; cover with half the almonds. Pour in mixture, cover top with remaining almonds; sprinkle with granulated sugar. Bake in moderate oven at 350° F. 30 minutes. Makes 9 squares.

French Coffee Cake

3 cups flour
½ cup sugar
6 teaspoons Royal Baking Powder
1 teaspoon salt
½ cup shortening
grated rind of 1 orange
½ cup orange juice
2 eggs
⅓ cup scalded milk
1 cup orange marmalade

Sift dry ingredients together. Add shortening mixing in with a fork. Soak orange rind in juice a few minutes. Beat 1 egg and 1 egg yolk slightly; add orange juice and rind, then add milk. Add to dry mixture; mix well. Put into 1 very large or 2 smaller greased, shallow baking pans to thickness of about 1 inch. Spread top with remaining egg white beaten into marmalade. Bake in hot oven at 450° F. for 25 minutes. Break into squares and serve warm. Makes 12 squares.

Individual Coffee Cakes

1 recipe for Rich Tea Biscuits (page 4)
butter
granulated sugar
cinnamon
chopped walnuts

Make rich biscuit dough, adding enough more milk to make like drop biscuit dough. Place in greased individual round pans or in a large cake pan. Spread with soft butter; sprinkle with sugar, cinnamon and chopped nuts. Bake in hot oven at 425° F. about 25 minutes. Makes 1 large or 4 small cakes.

Spice Filled Coffee Cake

3 cups flour
4 teaspoons Royal Baking Powder
1 teaspoon salt
¼ teaspoon each nutmeg and cinnamon
¾ cup sugar
¼ cup shortening
2 eggs, beaten
1 cup milk
1 cup cream, whipped and sweetened

Sift together first 6 ingredients. Mix in shortening, using a fork. Add eggs and milk slowly to make a soft dough. Place in greased deep round cake pan. Cover with Top Mixture. Bake in moderate oven at 400° F. about 45 minutes. Cool; split in half to make 2 layers; put together with whipped cream. Serve pie-shaped pieces.

Top Mixture

2 tablespoons butter
⅔ cup brown sugar
3 tablespoons flour
½ teaspoon cinnamon
⅛ teaspoon salt
¾ cup chopped almonds

Cream butter. Add sugar, flour, cinnamon and salt. Mix well. Spread over top of cake; sprinkle with almonds. Makes 1 ten-inch cake.

Dutch Apple Cake

1 recipe for Rich Tea Biscuits (page 4)
4 cooking apples
butter
½ cup sugar
2 teaspoons cinnamon

Make rich biscuit dough, adding more milk to make a drop biscuit dough. Spread ½ inch thick in greased baking pan or pie plate. Wash, pare and core apples. Cut into eighths. Press into top of dough very close together; dot with butter. Mix sugar and cinnamon together; sprinkle over apples. Bake in moderate oven at 350° F. about 30 minutes or until apples are done. Serve warm with butter or as dessert with lemon sauce. Makes 1 large cake.

Blueberry Tea Cake

1 recipe for Sally Lunn (page 9)
1 cup blueberries
¼ cup powdered sugar

Make Sally Lunn recipe. Sprinkle berries with sugar; add to mixture last. Bake in greased baking pan in moderate oven at 400° F. 25 minutes. Break into pieces; serve warm with butter. Makes 12 pieces.

Muffins

The Master Recipe

2 cups flour
3 teaspoons Royal Baking Powder
1 tablespoon sugar
½ teaspoon salt
2 eggs, beaten
1 cup milk
4 tablespoons melted shortening

Sift together flour, baking powder, sugar and salt; add eggs, milk and melted shortening; mix all together quickly. Half fill greased muffin pans; bake in moderate oven at 400° F. about 20 minutes. Makes 12 muffins.

Handling Muffin Batter. This flour mixture contains a large proportion of liquid, making quite a thin batter. Because of the consistency, the bubbles of leavening gas are quickly released and care must be taken to retain this gas as much as possible. Therefore, the batter should be mixed and baked quickly.

Common Causes of Failure. Insufficient stirring causes coarse texture. Overstirring makes tunnels, peaks and knobs on top and a soggy texture. Improper baking temperatures, either too high or too low, cause a coarseness in crumb.

High Altitude. No changes in recipe; bake in hotter oven at 450° F.

Poppy Seed Muffins

1 master recipe for Muffins
2 tablespoons poppy seeds

Make muffin mixture as directed. Half fill greased muffin pans. Sprinkle tops of mixture thickly with poppy seeds. Bake as directed. Makes 12.

Peanut Butter Muffins

1 master recipe for Muffins
¼ teaspoon salt
⅓ cup peanut butter

Make the muffin mixture, using the extra salt. Add peanut butter to egg and milk mixture. Omit 2 tablespoons melted shortening. Bake as directed. Makes 12.

Cranberry Muffins

1 master recipe for Muffins
¾ cup cranberry halves
½ cup powdered sugar

Mix cranberries with sugar and let stand. Add to muffin mixture last. Bake as directed. Makes 12.

Cheese Muffins

1 master recipe for Muffins
⅔ cup grated cheese

Add cheese to muffin mixture last. Bake as directed. Makes 12.

Whole Bran Muffins

1 cup whole wheat flour
1 cup whole bran
2 teaspoons Royal Baking Powder
¼ teaspoon salt
¼ cup brown sugar
1 egg, beaten
1 cup milk
4 tablespoons melted shortening

Mix together all dry ingredients; add egg and milk; mix well. Add melted and cooled shortening. Half fill greased muffin pans; bake in hot oven at 425° F. about 25 to 30 minutes. Makes 10.

Sour Milk Bran Muffins

1 recipe Whole Bran Muffins
1 cup sour milk
¼ teaspoon soda

Make whole bran muffin recipe, using sour milk instead of sweet milk. Sift soda with other dry ingredients. Bake as directed. Makes 10.

Corn Sticks

½ cup flour
3 teaspoons Royal Baking Powder
½ teaspoon salt
2 tablespoons sugar
1 cup yellow cornmeal
1 egg, beaten
1 cup milk
2 tablespoons melted shortening

Sift together dry ingredients. Add cornmeal, egg and milk. Add shortening. Bake in greased, hot iron corn stick pans in moderate oven at 400° F. about 30 to 40 minutes. Makes 9 large or 12 small sticks.

Honey Muffins

4 tablespoons melted shortening
2 tablespoons honey
1 egg, beaten
2 cups flour
4 teaspoons Roya lBaking Powder
½ teaspoon salt
¾ cup milk

Mix together shortening and honey. Add well beaten egg. Sift together dry ingredients; add to first mixture alternately with milk. Beat well. Half fill greased muffin pans and bake in moderate oven at 400° F. about 25 minutes. Makes 12.

Popovers

1 cup flour
¼ teaspoon salt
2 eggs
1 tablespoon melted shortening
1 cup milk

Sift flour and salt together. Make a well in the flour; break eggs into well; add melted shortening and milk; stir until smooth. Pour into hot, greased, iron gem pans. Bake in hot oven at 450° F. for 30 minutes; decrease heat to 350° F. for 15 minutes longer. Makes 10.

Graham Muffins

1 cup flour
4 tablespoons brown sugar
¾ teaspoon salt
4 teaspoons Royal Baking Powder
1 cup graham flour
1 cup milk
1 egg, beaten
4 tablespoons shortening, melted

Sift together white flour, sugar, salt and baking powder. Add graham flour. Add milk, egg and melted shortening; beat well. Half fill greased muffin pans and bake in hot oven at 425° F. about 20 minutes. Makes 12.

Pecan Muffins

1 recipe Graham Muffins
½ cup chopped pecans

Make graham muffins, adding the nuts to dry mixture. Half fill small greased muffin pans. Place a half pecan on top of each. Bake as directed. Makes 12.

Sally Lunn

½ cup shortening
½ cup sugar
3 eggs, well beaten
2 cups flour
3 teaspoons Royal Baking Powder
¾ teaspoon salt
1 cup milk

Cream shortening; add sugar gradually, beating well. Add eggs; mix well. Sift together flour, baking powder and salt; add alternately with milk to first mixture. Bake in greased baking pan in hot oven at 425° F. for 30 minutes. Break into squares; serve hot. Makes 12 squares.

Whole Wheat Sally Lunn

1 recipe for Sally Lunn
1 cup whole wheat flour

Make recipe for Sally Lunn omitting 1 cup white flour and using the whole wheat flour in its place. Bake as directed. Makes 12 squares.

Providence Muffins

1 cup graham flour
1 cup whole bran
3 teaspoons Royal Baking Powder
1 teaspoon salt
2 tablespoons sugar
4 tablespoons peanut butter
2 eggs, beaten
1 cup milk

Mix together flour, bran, baking powder, salt and sugar. Melt peanut butter and add to dry mixture. Add beaten eggs and milk; mix well. Bake in well greased muffin pans in moderate oven at 375° F. about 15 to 20 minutes. Makes 12.

Crumb Muffins

2 cups stale bread crumbs
1¼ cups milk
1 cup flour
2 teaspoons Royal Baking Powder
½ teaspoon salt
2 eggs
2 tablespoons shortening

Soak bread crumbs in cold milk 10 minutes; add flour sifted with baking powder and salt; add well beaten eggs and melted shortening; mix well. Half fill greased muffin pans. Bake in moderate oven at 425° F. about 25 minutes. Makes 12.

Fig Muffins

1 cup cooking figs
4 tablespoons shortening
4 tablespoons sugar
1 egg
½ cup molasses
2 cups flour
4 teaspoons Royal Baking Powder
½ teaspoon each salt and soda
½ teaspoon each ginger and cinnamon
¾ cup dry bread crumbs

Boil figs in water about 10 minutes. Drain, reserving ½ cup liquid; remove stems; chop fine. Cream together shortening and sugar. Add egg; beat well. Add molasses. Add sifted dry ingredients alternately with liquid; mix well. Add figs and bread crumbs. Bake in well greased muffin pans in moderate oven at 350° F. about 20 minutes. Makes 12.

Blueberry Muffins

1 master recipe for Muffins
1 cup blueberries

Wash and drain the blueberries, sprinkle with 3 tablespoons sugar and a little of the sifted flour. Add to muffin mixture last. Bake as directed. Makes 12.

Griddle Cakes and Waffles

Royal Griddle Cakes

2 cups flour
3 teaspoons Royal Baking Powder
½ teaspoon salt
2 eggs, well beaten
1¾ cups milk
4 tablespoons melted shortening

Sift first 3 ingredients together; add beaten eggs, milk and shortening; mix well. Drop by spoonfuls on slightly greased hot griddle. When bubbles appear turn cakes and brown other side; do not turn a second time. Serve hot with butter and maple syrup. Makes 15–18.

Sour Milk Griddle Cakes

1 recipe for Griddle Cakes
1¾ cups sour milk or buttermilk
½ teaspoon soda

Make griddle cake mixture, using sour milk or buttermilk in place of sweet milk. Sift soda with dry ingredients. Bake as directed. Makes 15–18.

Bread Crumb Griddle Cakes

1 cup stale bread crumbs
½ cup water
¾ cup milk
1 cup flour
3 teaspoons Royal Baking Powder
½ teaspoon salt
2 eggs, well beaten
4 tablespoons melted shortening

Soak bread crumbs in water 10 minutes; add milk. Sift together flour, baking powder and salt; add to bread mixture; add well beaten eggs and shortening; mix well. Bake on slightly greased hot griddle. Makes 12.

Cornmeal Griddle Cakes

¾ cup yellow cornmeal
1 cup boiling water
1 tablespoon molasses or brown sugar
1 cup sour milk or buttermilk
2 eggs
1½ cups flour
3 teaspoons Royal Baking Powder
1½ teaspoons salt
¼ teaspoon soda
3 tablespoons melted shortening

Pour boiling water over cornmeal, stirring until mixture thickens; add molasses, milk and whole eggs; beat thoroughly; cool. Sift together flour, baking powder, salt and soda; add to first mixture when it is cold; add shortening. Mix well. Bake on hot slightly greased griddle. Makes 12.

Rice Griddle Cakes

1 cup boiled rice
1 cup milk
1 tablespoon melted shortening
1 egg, beaten
1 cup flour
2 teaspoons Royal Baking Powder
1 teaspoon salt

Mix together rice, milk, shortening and beaten egg. Add flour sifted with baking powder and salt. Mix well. Bake on hot slightly greased griddle until brown on both sides, turning only once. Makes 14.

Waffles

2 cups flour
3 teaspoons Royal Baking Powder
½ teaspoon salt
2 eggs
1¾ cups milk
4 tablespoons melted shortening

Sift together dry ingredients; add slightly beaten egg yolks and milk; beat thoroughly; add shortening. Fold in stiffly beaten egg whites. Bake in hot waffle iron until brown. Serve hot with butter and maple syrup. Makes 4 large waffles.

Coffee Waffles

1 recipe for Waffles
⅔ cup strong Chase & Sanborn's Coffee
4 tablespoons more melted shortening

Make waffle mixture, using coffee and omitting all milk. Add extra shortening. Bake as directed. Makes 4 large waffles.

Chocolate Waffles

½ cup shortening
¾ cup sugar
2 eggs, beaten
1 teaspoon vanilla extract
1¼ cups flour
1 teaspoon Royal Baking Powder
6 tablespoons cocoa
½ teaspoon cinnamon
½ teaspoon salt

Cream shortening; add sugar slowly. Add eggs, flavoring and sifted dry ingredients; mix well. This makes a very stiff mixture. Heat waffle iron, but not as hot as for breakfast waffles. Place spoonful of mixture in each section of the iron; bake. Serve with ice cream or whipped cream. Makes 10 small waffles.

Doughnuts and Fritters

DEEP Fat Frying: Successful deep fat cooking depends greatly upon correct temperature of the fat. Every effort should be made to have the heat just right. Heat the fat slowly until it begins to smoke, then regulate the heat to maintain the correct temperature. A deep fat thermometer which clips onto the side of the kettle, is the most accurate indicator. The "bread test" may be used instead of a thermometer. Count the seconds required to brown a one-inch cube of bread. The temperature is about 375° F. when the bread browns in 60 seconds; 400° F. in 20 seconds. Re-test fat between fryings.

Doughnuts

2 eggs
1 cup sugar
¼ cup melted shortening
1 cup sour milk or buttermilk
4 cups flour
4 teaspoons Royal Baking Powder
¾ teaspoon salt
¼ teaspoon soda
1 teaspoon grated nutmeg

Put eggs, sugar, shortening and milk into bowl; mix well. Sift together remaining ingredients. Add to first mixture; mix well. Roll out ¼ inch thick on floured board; cut with doughnut cutter. Fry in deep fat at 390° F. until light brown, turning only once. Makes 24.

Sour Cream Doughnuts

1 recipe for Doughnuts
1 cup sour cream

Make the doughnut mixture, using sour cream in place of sour milk or buttermilk. Omit the shortening. Fry as directed. Makes 24.

Fritter Batter

For Dipped Fritters

1 cup flour
1½ teaspoons Royal Baking Powder
¼ teaspoon salt
1 egg, beaten
⅔ cup milk

Sift together dry ingredients; add beaten egg and milk; beat well. Use for dipping large pieces of fruits, vegetables, oysters, etc.

Fritter Batter

For Dropped Fritters

2 cups flour
3 teaspoons Royal Baking Powder
½ teaspoon salt
1 egg, beaten
⅔ cup milk

Sift together dry ingredients; add beaten egg and milk; beat well. Use for small berries, chopped fruits, vegetables, meat, fish, etc.

Fruit Ring Fritters

1 recipe for Dipped Fritter Batter
apple, peach or pineapple rings

Cut the fruit into rings. If canned fruits are used, drain well from juice. If fresh peaches or pineapple are used, sprinkle with sugar. Dip in fritter batter; drop into deep hot fat at 385° F. and fry until browned.

Chopped Fruit Fritters

1 recipe for Dropped Fritter Batter
1 tablespoon sugar
chopped apples, bananas, peaches, pineapple, orange, etc.

Add sugar to fritter batter. Stir in chopped fruits. A combination of fruits may be used. For apple or banana fritters, add 1 tablespoon lemon juice. Drop by small spoonfuls into deep hot fat at 375° F. and fry until brown.

Oyster Fritters

1 recipe for Dipped Fritter Batter
oysters

Wash oysters to remove any bits of shell. Sprinkle with lemon juice. Dip each in fritter batter. Fry in deep hot fat at 375° F. until browned.

Vegetable Fritters

1 recipe for Dropped Fritter Batter
chopped cooked vegetables

Season vegetables with salt and pepper. Add to fritter batter. Drop by spoonfuls into deep fat at 375° F. and fry until browned. A mixture of vegetables may be used.

Cheese and Apple Puffs

2 eggs
1 cup milk
1 cup flour
2 teaspoons Royal Baking Powder
½ teaspoon salt
1 cup grated cheese
1 cup chopped apples

Beat eggs well; add milk. Add flour, sifted with baking powder and salt. Add cheese and apples; mix well. Drop by spoonfuls into hot deep fat at 375° F. Fry until golden brown. If desired, apples may be omitted and the puffs served with apple sauce. Makes 24 small fritters.

Cake

IN no other form of cookery are poor quality materials so readily detected as in cake. With Royal Baking Powder in an accurate, tested recipe, correctly baked, a prize-winning cake is a foregone conclusion.

The master recipes given in this book may be varied in many ways with different fillings, frostings and garnishings—and may be baked in so many different forms that it is profitable to learn and make them to perfection.

A detailed description of each step in making is given below, and the column "Causes of Failure" answers many questions about reasons for unsuccessful cakes.

Important Points in Cake Making

1. *Cream shortening*—soften in mixing bowl with a spoon—do not melt.
2. *Add sugar slowly*—about 1 tablespoon at a time.
3. *Add egg yolks*—they may be beaten or added unbeaten, one at a time. In white cakes this step is omitted.
4. *Add flavoring*—it is best to add it here to avoid omitting it.
5. *Sift dry ingredients*—this means flour (already sifted once before measuring), baking powder, salt and spices, if used, sifted together.
6. *Add alternately with milk*—add about ½ cup of dry ingredients to first mixture; then some of the milk or other liquid. Repeat about 3 times until all is used, mixing in between each addition.
7. *Mix in beaten egg whites*—until entirely blended with the batter. Do this carefully, then beat about 1 minute to completely mix.
8. *Bake in greased pans in moderate oven* grease all loaf, layer and cup cake pans with an unsalted fat. Fill pans ⅔ full of batter. Place in oven previously heated about 10 minutes to required temperature.
9. *When cake is done*—it shrinks from sides of pan; springs back when pressed lightly on top with finger; does not stick to cake tester or toothpick when inserted in center; does not "sing" when held to the ear.
10. *Remove from oven*—let stand about 5 minutes before removing from pans. Cool before frosting.

Causes of Failure in Making Cake

This Result	*Is Caused By*
Cracks and humps . .	*Too much flour*
	" *hot an oven*
A dry cake	*Too much flour*
	" *little fat*
	" *much baking powder*
A heavy, gummy cake	*Too much sugar*
	" *little baking powder*
A moist, sticky crust .	*Too much sugar*
A mottled, crumbly, "macaroon" crust .	*Too much sugar*
	" *slow an oven*
A coarse grained cake	*Too little mixing*
	" *slow baking*
	" *much fat*
	" *much baking powder*
A cake falling	*Too little flour*
	" *much fat*
	" *little baking*
	" *much sugar*
An uneven color . .	*Too little mixing*
	" *fast baking*

Master Recipe for Royal Butter Cake

Small Loaf or 2-Layer Cake

⅓ cup shortening
1 cup sugar
2 eggs
1 teaspoon vanilla extract
2 cups pastry flour
3 teaspoons Royal Baking Powder
¼ teaspoon salt
⅔ cup milk

Makes 1 small loaf or 2 nine-inch layers or 3 eight-inch layers.

Large Loaf or 3-Layer Cake

½ cup shortening
1¼ cups sugar
3 eggs
1 teaspoon vanilla extract
2¼ cups pastry flour
2½ teaspoons Royal Baking Powder
¼ teaspoon salt
⅔ cup milk

Makes 1 large loaf or 3 nine-inch layers.

Method I. Cream shortening; add sugar slowly, beating in well. Add unbeaten eggs one at a time, beating well after each egg is added. Add vanilla extract. Sift together dry ingredients and add alternately with milk to first mixture. Bake in greased loaf pan in moderate oven at 350° F. about one hour, or in greased layer cake pans in moderate oven at 375° F. about 25 minutes.

Method II. Cream shortening; add sugar slowly, beating in well. Add well-beaten egg yolks and beat until well blended. Add vanilla extract. Sift together dry ingredients and add alternately with milk to first mixture. Mix in stiffly beaten egg whites thoroughly. Bake in greased loaf pan in moderate oven at 350° F. about 1 hour, or in greased layer cake pans in moderate oven at 375° F. about 25 minutes.

High Altitude. The following changes are based on the master recipe.

From sea level to 3,000 ft. no changes are necessary.

From 3,000 ft. to 5,000 ft., use about 1 tablespoon less sugar and about ½ teaspoon less baking powder.

From 5,000 ft. to 7,000 ft., use about 2 tablespoons less sugar and about ½ teaspoon less baking powder. In rich cakes use about ¼ cup less sugar and about ½ teaspoon less baking powder. Increase baking temperature 5°.

From 8,000 ft. to 10,000 ft., use about ¼ cup less sugar, about 1 teaspoon less baking powder, and about 1 tablespoon less shortening. In rich cakes, use about ⅓ cup less sugar, about 1 teaspoon less baking powder, and about 2 tablespoons less shortening. Increase baking temperature 10° to 15°.

Chocolate Loaf Cake

3 squares unsweetened chocolate
¾ cup boiling water
1 recipe for Large Loaf Cake
⅛ teaspoon soda

Melt chocolate over hot water; add boiling water slowly and cook until thick. Let stand until cold. Make the large loaf cake with these changes; sift soda with dry ingredients. Omit milk and add chocolate mixture as liquid, alternately with dry ingredients. Bake as directed. Makes 1 large loaf.

Caramel Pecan Loaf

1 recipe for Large Loaf Cake
1 recipe for Caramel Frosting
whole pecan nut meats

Make the loaf cake and bake as directed. When cold, cover top and sides with Caramel Frosting. Garnish with pecan nut meats. Makes 1 large loaf.

Caramel Frosting

2 cups light brown sugar
⅔ cup thin cream
½ teaspoon vanilla extract
⅛ teaspoon salt
1 tablespoon cream, or more

Boil together first 4 ingredients to 238° F. Remove from fire and let stand without stirring until cold. Beat, adding additional cream, a teaspoon at a time, until mixture becomes light in color and a soft consistency to spread on cake.

Coffee Spice Layer Cake

1 master recipe for Small Layer Cake
⅔ cup strong Chase & Sanborn's Coffee
1 teaspoon cinnamon
¼ teaspoon each cloves and allspice
1 recipe Mocha Icing (page 25)

Make small cake recipe using cold coffee instead of milk. Sift spices with dry ingredients. Bake in 2 greased 9-inch layer cake pans. Spread Mocha Icing between layers and on top and sides of cake.

Old Time Hickory Nut Cake

1 master recipe for the Large Cake (page 13)
1 cup chopped hickory nut meats

Make the large cake recipe, using ¼ cup shortening instead of ½ cup. Mix hickory nut meats with dry ingredients. Bake in large greased tube pan in moderate oven at 350° F. about 1¼ hours. Pecans or black walnut meats may be used in place of hickory nuts.

Makes 1 nine-inch cake.

Tropic Aroma Cake

1 recipe for Two-Layer Cake (page 13)
1 teaspoon cinnamon
1 teaspoon nutmeg
1 tablespoon cocoa
1 tablespoon boiling water
1 recipe Mocha Icing (page 25)

Make layer cake mixture, adding spices with dry ingredients. Place half the batter in 2 greased layer cake pans to make thin layers. To remaining batter, add cocoa mixed with boiling water. Place in 1 greased layer cake pan to make thick layer. Bake in moderate oven at 375° F. about 20 minutes. Put together with Mocha Icing, using chocolate layer in center. Ice top and sides. Makes 1 three-layer cake.

Marigold Cake

1 recipe Three-Layer Cake (page 13)
1 recipe Banana Lemon Filling
1 recipe 7 Minute Frosting (page 26)
sliced bananas

Make layer cake batter. Bake as directed; cool. Spread Banana Lemon Filling between layers. Cover top and sides with frosting. Garnish with sliced bananas.

Banana Lemon Filling

3 tablespoons cornstarch
½ cup sugar
½ cup water
1 egg yolk
2 tablespoons lemon juice
grated rind ½ lemon
1 tablespoon butter
1 banana, sliced

Mix cornstarch and sugar together; add water. Cook in double boiler until thick and smooth, stirring constantly. Add beaten egg yolk and cook 2 minutes longer. Remove from fire; add lemon juice, rind and butter. Cool. Spread on cake; arrange on this a layer of thinly sliced bananas and spread them thinly with more filling. Makes 1 three-layer cake.

Chocolate Layer Cake

1 recipe for Three-Layer Cake (page 13)
1 recipe Old Fashioned Chocolate Filling and Icing

Bake three-layer cake as directed; cool. Put layers together with filling; cover top and sides with icing.

Old Fashioned Chocolate Filling and Icing

4 squares unsweetened chocolate
2 tablespoons butter
½ cup milk
3 tablespoons cornstarch
3½ cups confectioner's sugar
2 egg yolks
¼ teaspoon salt
1½ teaspoons vanilla extract
4 tablespoons cream

Melt chocolate and butter together in top of double boiler. Mix cornstarch with milk. Add slowly to melted chocolate, stirring until thick and smooth. Add 1½ cups sugar and salt to egg yolks; add to first mixture. Continue to cook while beating until smooth. Add flavoring. Cool. Use half this mixture to spread thickly between layers of cake.

Use other half for icing by adding remaining 2 cups sugar and cream slowly, beating until smooth. Spread on top and sides of cake. Makes 1 three-layer cake.

Green Tree Layer Cake

1 recipe Three-Layer Cake (page 13)
1 recipe Cocoa Almond Filling and Icing
½ cup chopped pistachio nuts or browned almonds

Make layer cake batter as directed. Spread thinly in 4 greased layer cake pans. Bake in moderate oven at 400° F. about 15 minutes; cool. Put layers together and spread top and sides thinly with filling and icing. Reserve small amount of icing and with pastry bag and rose tube, decorate up and down sides of cake to represent bark of a tree. Cover top with chopped nuts.

Cocoa Almond Filling and Icing

6 tablespoons butter
3 cups confectioner's sugar
8 tablespoons cocoa
½ teaspoon almond extract
⅓ cup cream

Cream butter; add sugar and cocoa slowly, beating well. Add cream slowly to make good spreading consistency. Add flavoring. Makes 1 four-layer cake.

Cocoanut Marshmallow Cake

1 recipe Three-Layer Cake (page 13)
1 recipe Cocoanut Marshmallow Filling and Frosting

Make layer cake batter; bake as directed; cool. Put layers together and cover top and sides with filling and frosting.

Cocoanut Marshmallow Filling and Frosting

1½ cups granulated sugar
½ cup water
9 large marshmallows
whites of 2 eggs
2 teaspoons lemon juice
1 cup fresh grated cocoanut

Boil sugar and water to 238° F. or until syrup spins a thread. Add 6 marshmallows cut into small pieces; do not stir into syrup. Pour slowly into stiffly beaten whites of eggs, beating until smooth and thick enough to spread without running. Add lemon juice. Spread between layers. Sprinkle with cocoanut. Cover top and sides of cake with frosting; sprinkle thickly with cocoanut and decorate with remaining marshmallows, cut into pieces. Makes 1 three-layer cake.

Lady Goldenglow Cake

1 recipe Two-Layer Cake (page 13)
1½ squares unsweetened chocolate
3 tablespoons hot water
1 recipe Orange Chocolate Icing

Make layer cake batter as directed. Melt chocolate with hot water; cool. Add to half the batter. Place in 3 greased layer cake pans, using alternate tablespoons of dark and light batter; do not mix. Bake as directed. Put together with icing as follows:

Orange Chocolate Icing

¼ cup butter
2 cups confectioner's sugar
grated rind of ½ orange
pulp and juice of 1 medium-sized orange
3 squares unsweetened chocolate

Cream together butter, sugar and grated rind; add orange pulp and juice; beat well until smooth and thick. Spread on layer to be used for top of cake; sprinkle with unsweetened chocolate, using ½ square, shaved into fine pieces with a knife. To remaining icing add remaining 2½ squares chocolate, melted. Beat well; spread between layers and on sides of cake. Makes 1 three-layer cake.

Orange Pineapple Cake

1 recipe for Three-Layer Cake (page 13)
1 recipe Orange Pineapple Filling
1 recipe Seven Minute Frosting (page 26)
12 orange sections
6 small pieces pineapple

Make layer cake batter; bake as directed; cool. Spread filling between layers. Cover top and sides with frosting. Decorate top with orange sections, free from all skin, and pineapple pieces.

Orange Pineapple Filling

3 tablespoons cornstarch
½ cup sugar
¾ cup cold water
½ cup orange juice
1 tablespoon lemon juice
1 egg yolk
2 tablespoons butter
2 slices canned pineapple, chopped
grated rind 1 orange

Mix together cornstarch and sugar; add water. Cook in double boiler until thick, stirring constantly; add orange juice and lemon juice; continue to cook until thick again; add slightly beaten egg yolk. Cook 3 minutes longer; remove from fire; add butter, pineapple and orange rind. Cool and spread between layers of cake. Makes 1 three-layer cake.

Frosty Fruit Layer Cake

1 recipe for Two-Layer Cake (page 13)
1 recipe for Boiled Frosting (page 25)
1 teaspoon lemon juice
1 cup mixed chopped figs, cherries and pineapple

Make layer cake mixture, baking it in 3 greased eight-inch layer cake pans. Put together as follows: Make boiled frosting as directed; add lemon juice. Add fruit to ⅓ of frosting; spread between layers. Cover top and sides with remaining plain frosting. Makes 1 three-layer cake.

Date Loaf Cake

½ cup shortening
1 cup brown sugar
grated rind of 1 orange
3 cups pastry flour
2 teaspoons Royal Baking Powder
¼ teaspoon soda
½ cup milk
1 cup nut meats, chopped
1 lb. dates, pitted and chopped

Cream shortening; add sugar slowly, beating well. Add orange rind. Sift together dry ingredients. Add alternately with milk to first mixture. Add nuts and dates. Pour into greased loaf pan lined with heavy waxed paper. Bake in moderate oven at 325° F. for 1½ hours. Makes 1 large loaf.

White Cake

A Master Recipe

½ cup shortening
1 cup sugar
3 egg whites
1 teaspoon vanilla extract
2 cups pastry flour
3 teaspoons Royal Baking Powder
¼ teaspoon salt
⅔ cup milk

Cream shortening; add sugar slowly, beating in well; add unbeaten egg whites, one at a time, beating well after each addition. Add flavoring. Sift together flour, baking powder and salt; add alternately with milk to first mixture. Pour into well greased (8-inch spring form) round loaf pan. Bake in moderate oven at 350° F. about 50 minutes. For layers, bake in well greased layer cake pans in moderate oven at 375° F. about 25 minutes. Makes 1 eight-inch round loaf or 2 nine-inch layers.

Allegretti Cake

1 recipe for White Cake
1 recipe for Sea Foam Frosting (page 25)
1 recipe for Bitter Chocolate Icing (page 26)

Prepare and bake white cake mixture in round loaf as directed; cool. Cover top and sides with Sea Foam Frosting. After frosting has set, spread top thinly with Bitter Chocolate Icing. Makes 1 eight-inch cake.

Lady Baltimore Cake

1 recipe for White Cake
1 recipe Nut and Fruit Filling and Frosting

Make cake batter as directed. Bake in 2 greased 9-inch layer cake pans in moderate oven at 375° F. about 25 minutes. Cool. Put together and cover top and sides with filling and frosting.

Nut and Fruit Filling and Frosting

1½ cups sugar
½ cup water
whites of 2 eggs
½ teaspoon vanilla extract
¼ teaspoon Royal Baking Powder
½ cup each chopped raisins and figs
1 cup chopped almonds or pecans

Boil sugar and water together without stirring to 238° F. or until syrup spins a thread. Pour slowly over beaten egg whites; add flavoring and continue to beat until thick and cold. Add baking powder; beat until thick enough to spread without running. Add fruits and nuts. Makes 1 two-layer cake.

Maple Layer Cake

1 recipe for White Cake
1 square unsweetened chocolate
2 tablespoons hot water
1 recipe Maple Frosting (page 26)

Make cake batter as directed. Melt chocolate with hot water; cool. Add to ⅓ of batter. Bake as 1 chocolate and 2 white layers in greased 9-inch layer cake pans in moderate oven at 375° F. about 25 minutes. Put together with frosting, using chocolate for middle layer. Cover top and sides with frosting. Makes 1 three-layer cake.

Princess Cake

1 recipe for White Cake
1 recipe Caramel Filling and Icing

Make cake batter. Bake in 2 greased 9-inch square layer cake pans in moderate oven at 375° F. about 20 minutes. Put together with filling and icing.

Caramel Filling and Icing

½ cup granulated sugar
¾ cup boiling water
3 tablespoons butter
3½ cups confectioner's sugar
3 to 4 tablespoons thin cream
½ cup chopped pecan nuts
pink food coloring

Melt sugar in sauce pan slowly over low flame, stirring until light golden brown. Add boiling water very slowly, stirring continually. Boil until consistency of thick syrup; there should be ¼ cup. Cool.

Cream butter; add sugar gradually. Add cold syrup and milk slowly until right consistency to spread. To ⅓ of this, add chopped nuts. Spread thickly between layers. To remaining plain icing add pink coloring to make an attractive shade. Cover top and sides of cake. Makes 1 two-layer cake.

Arabian Fruit Loaf

3 tablespoons shortening
1 cup brown sugar
2 eggs
1 teaspoon vanilla extract
¾ cup sour cream
½ cup chopped almonds
1 cup chopped dates
2⅛ cups flour
3 teaspoons Royal Baking Powder
¼ teaspoon soda
½ teaspoon salt

Cream shortening; add sugar, unbeaten eggs, flavoring, sour cream, nuts and dates. Beat well. Sift together dry ingredients; add to first mixture; mix well. Bake in greased loaf pan in moderate oven at 350° F. about 50 minutes. Makes 1 loaf.

Gold Cake

½ cup shortening
¾ cup sugar
6 egg yolks
½ teaspoon lemon or vanilla extract
1¾ cups pastry flour
2 teaspoons Royal Baking Powder
¼ teaspoon salt
½ cup milk

Cream shortening; add sugar slowly, beating in well. Add egg yolks and beat until light and creamy. Add flavoring. Sift together flour, baking powder and salt; add alternately with milk to first mixture. Bake in greased square or loaf pan in moderate oven at 350° F. for 30 minutes. Makes 1 eight-inch cake or 1 small loaf or 2 eight-inch layers.

Lord Baltimore Cake

1 recipe Gold Cake
1 recipe Boiled Frosting (page 25)
¼ cup white corn syrup
½ cup rolled macaroon crumbs
½ cup chopped pecans
12 candied cherries
1 teaspoon lemon juice
2 teaspoons sherry flavor
angelica

Make cake batter. Bake in 2 greased 8-inch square layer cake pans in moderate oven at 350° F. about 30 minutes. Cool. Put together as follows:

Make boiled frosting, using corn syrup and ¾ cup water. Proceed as directed until mixture is thick enough to hold its shape. Add fruits, nuts and flavorings to ⅔ of mixture. Spread between layers and on top only. Spread layer of remaining plain frosting over filling on top of cake; frost sides. Garnish with angelica and cherries. Makes 1 two-layer cake.

Raisin Nougat Layer Cake

2 squares unsweetened chocolate
5 tablespoons boiling water
½ cup shortening
1½ cups sugar
4 eggs
1 teaspoon vanilla extract
1¾ cups pastry flour
3 teaspoons Royal Baking Powder
¼ teaspoon salt
½ cup milk
1 recipe Raisin Nougat Filling

Melt chocolate and water together. Cream shortening; add sugar; add beaten egg yolks, chocolate and flavoring. Mix well. Sift together dry ingredients; add alternately with milk; mix well. Fold in stiffly beaten egg whites. Bake in 2 greased 9-inch layer cake pans in moderate oven at 350° F. 25 minutes. Put filling between layers and on top of cake.

Raisin Nougat Filling

1 recipe Seven Minute Frosting (page 26)
¼ cup cream, whipped
⅓ cup each chopped almonds and raisins

Make frosting as directed. Add other ingredients to finished frosting.

Fig Cake

¾ cup shortening
1½ cups sugar
4 egg whites
1 teaspoon lemon extract
3 cups pastry flour
4 teaspoons Royal Baking Powder
½ teaspoon salt
1 cup milk
1 teaspoon cinnamon
1 teaspoon nutmeg
1 tablespoon molasses
1½ cups finely chopped figs, floured

Cream shortening; add sugar slowly, beating in well. Add one unbeaten egg white; beat well; add flavoring. Sift together flour, baking powder and salt. Add alternately with milk. Fold in remaining egg whites, stiffly beaten. To ⅔ of the mixture add cinnamon, nutmeg, molasses and figs. Put into well greased tube pan by spoonfuls, alternating light and dark mixtures. Bake in moderate oven at 350° F. about 1 hour. Makes 1 nine-inch cake.

Marble Cake

1 recipe for Fig Cake
1 teaspoon vanilla extract
2 squares unsweetened chocolate

Make the foundation mixture for Fig Cake, using vanilla extract instead of lemon. Add melted and cooled chocolate to half the mixture instead of the spices, molasses and figs. Put into greased tube pan as for Fig Cake. Bake as directed. Makes 1 nine-inch cake.

Bride's Cake

1 cup shortening
2 cups sugar
whites of 6 eggs
½ teaspoon rose or almond extract
4 cups pastry flour
4 teaspoons Royal Baking Powder
¼ teaspoon salt
1 cup milk

Cream shortening; add sugar slowly, beating well. Add 2 unbeaten egg whites, one at a time, beating well after each addition. Add flavoring. Add flour sifted with baking powder and salt alternately with milk to first mixture. Fold in remaining egg whites, beaten stiff. Bake in large greased tube pan in moderate oven at 325° F. about 1½ hours. When cold cover top and sides with Ornamental

Icing (page 26) and decorate as desired.

For a richer cake, a layer of almond paste may be spread on top of cake before frosting it. Makes 1 ten-inch cake.

Magnolia Cake

A Birthday Cake

6 eggs
2 cups sugar
1 cup boiling water
1 teaspoon vanilla extract
2½ cups pastry flour
3 teaspoons Royal Baking Powder

Separate eggs; beat yolks until thick and lemon color. Add 1 cup of the sugar gradually, beating constantly. Add boiling water very slowly, then vanilla extract. Sift flour and baking powder together 3 times. Fold into first mixture. Beat egg whites until stiff; add remaining 1 cup sugar gradually, beating constantly. Fold into mixture. Bake in very large ungreased tube pan in moderate oven at 350° F. for 1¼ hours. Invert and let cool in pan. When cold, split into three layers; spread with Mint Cream Filling. Cover top and sides thickly with Marshmallow Frosting (page 26). Makes 1 ten-inch cake.

Mint Cream Filling

¾ cup sugar
4 tablespoons cornstarch
¼ teaspoon salt
1 cup water
2 egg yolks
1 tablespoon butter
1 teaspoon mint extract
green food coloring

Mix sugar (except 2 tablespoons), cornstarch and salt. Add water slowly and cook over boiling water until very thick, stirring constantly. Add egg yolks mixed with 2 tablespoons sugar; cook 3 minutes longer. Beat until smooth. Add butter; cool. Add mint extract and color a delicate green.

Sour Cream Chocolate Cake

1 cup sour heavy cream
1 cup sugar
2 eggs
1 teaspoon vanilla extract
1¾ cups pastry flour
1 teaspoon Royal Baking Powder
¼ teaspoon soda
¾ teaspoon salt
2 squares unsweetened chocolate, melted
1 recipe Sea Foam or Fudge Frosting (page 25)

Place sour cream, sugar, eggs and flavoring in mixing bowl; beat well. Sift together dry ingredients and add to first mixture; beat until smooth. Add melted chocolate. Bake in 2 greased 9-inch layer cake pans in moderate oven at 375° F. for 25 minutes; cool. Put layers together and cover top and sides of cake with frosting. Makes 1 two-layer cake.

Coffee Chocolate Cake

3 squares unsweetened chocolate
¾ cup strong hot Chase & Sanborn's Coffee
½ cup white corn syrup
½ cup shortening
1 cup sugar
3 eggs
1 teaspoon vanilla extract
1¾ cups pastry flour
3 teaspoons Royal Baking Powder
¼ teaspoon salt
1 recipe Marshmallow or Sea Foam Frosting (pages 25-26)

Melt chocolate with hot coffee; add corn syrup, mixing well until mixture thickens; cool. Cream shortening; add sugar slowly, beating in well. Add unbeaten eggs, one at a time, beating well after each addition. Add vanilla extract. Sift together dry ingredients; add alternately with cold chocolate mixture to first mixture. Bake in 2 greased 9-inch square cake pans in moderate oven at 350° F. about 35 minutes. Put layers together and cover top and sides of cake with frosting. Makes 1 two-layer cake.

Mahogany Cake

½ cup cocoa
½ cup milk
½ cup shortening
1½ cups sugar
3 eggs
1 teaspoon vanilla extract
2 cups pastry flour
2½ teaspoons Royal Baking Powder
¼ teaspoon soda
⅔ cup milk
1 recipe Fudge Frosting (page 25)

Cook cocoa and milk together until smooth and thick; cool. Cream shortening; add sugar slowly, beating in well. Add unbeaten eggs, one at a time, beating well after each addition. Add flavoring. Sift together dry ingredients; add alternately with milk to creamed mixture. Add chocolate mixture; mix well. Bake in 3 greased 9-inch layer cake pans in moderate oven at 350° F. about 20 minutes; or bake in oblong baking pan about 30 minutes. Put layers together and cover top and sides of cake with frosting; or spread frosting thickly on top of cake in oblong pan; cut into squares to serve. Makes 1 three-layer cake.

Devil's Food Layer Cake

1 recipe Mahogany Cake (page 18)
1 recipe Boiled Frosting (page 25)

Make cake batter and bake in layers as directed; cool. Put layers together and cover top and sides of cake with frosting. Sea Foam Frosting (page 25) may be used if desired. Makes 1 three-layer cake.

Lady Betty Cake

⅔ cup shortening
1½ cups sugar
4 eggs
2⅓ cups flour
¼ teaspoon salt
3 teaspoons Royal Baking Powder
1 cup chopped walnuts
1 cup milk
3 oz. (3 sq.) unsweetened chocolate, melted

Cream shortening; add sugar slowly, beating continually. Add eggs, one at a time, beating well after each addition. Sift together flour, salt and baking powder; add nuts. Add to first mixture alternately with milk; mix well. Add melted and cooled chocolate. Bake in well greased, deep tube pan in moderate oven at 325° F. about 1¾ hours. When cold cover top and sides with chocolate icing. Makes 1 nine-inch cake.

For a smaller cake, use ½ the recipe and bake 50 minutes. Makes 1 seven-inch cake.

Chocolate Icing

½ tablespoon butter
3 tablespoons milk
2 squares unsweetened chocolate
2 cups confectioner's sugar
½ teaspoon vanilla extract

Heat butter, milk and chocolate in top of double boiler; add sugar slowly, beating continually; add flavoring; beat until creamy. If necessary add more milk to make good consistency to spread.

White Fruit Cake

½ cup shortening
1 cup sugar
4 egg whites
2 cups flour
1 teaspoon Royal Baking Powder
¼ teaspoon salt
½ cup water
¼ lb. (1 cup) candied citron
¼ lb. (½ cup) candied cherries
¼ lb. (1 slice) candied pineapple
¼ cup black walnut meats

Cream shortening; add sugar gradually, mixing in well. Add unbeaten egg whites one at a time, beating well between each addition. Sift baking powder and salt with half the flour; add alternately with water to first mixture. Add remaining flour to chopped fruit and nuts; add to cake mixture. Bake in loaf or tube pan lined with heavy oiled paper. Bake in slow oven at 250° F.–300° F. about 2½ hours. Makes 1 loaf.

Rich Fruit Cake

4 cups (1½ lbs.) seedless raisins
2½ cups (¾ lb.) currants
½ cup (4 oz.) candied cherries
1 slice (4 oz.) candied pineapple
2 cups (6 oz.) citron
½ cup grape juice
1 cup shortening
1½ cups brown sugar
5 eggs
½ cup each orange marmalade and grape jelly
½ square unsweetened chocolate, melted
2½ cups flour
1½ teaspoons Royal Baking Powder
¼ teaspoon each salt, nutmeg, allspice
2 teaspoons cinnamon
1½ cups (½ lb.) finely chopped almonds
2 cups (½ lb.) pecans, cut in half

Soak fruit overnight in grape juice. Cream shortening; add sugar; beat well. Add eggs, one at a time, beating in well. Add marmalade, jelly and chocolate. Sift half the flour with baking powder, salt and spices; add to first mixture. Sift rest of flour over fruit; add to batter; add nuts last. Place in loaf pans lined with well greased brown paper. Cover tightly; steam slowly 6 hours. Bake in slow oven at 250° F. about 1 hour. Makes 3 loaf cakes.

Plantation Loaf

½ cup shortening
1½ cups sugar
2 eggs
½ cup orange juice
1½ cups pastry flour
2 teaspoons Royal Baking Powder
⅓ teaspoon each cloves, cinnamon and allspice
¼ teaspoon salt
2 squares unsweetened chocolate, grated
½ cup each chopped pecans and Sultana raisins
⅔ cup hot mashed sweet potatoes

Cream shortening; add sugar slowly. Add well beaten eggs. Sift together dry ingredients; add alternately with orange juice to first mixture. Add grated chocolate, nuts and raisins. Add mashed sweet potatoes last. Bake in greased loaf pan in moderate oven at 350° F. about 1 hour. Makes 1 loaf.

Prune Cake

¼ cup shortening
¾ cup sugar
2 eggs
½ teaspoon vanilla extract
1¼ cups pastry flour
1½ teaspoons Royal Baking Powder
¼ teaspoon salt
⅛ teaspoon soda
¼ cup sour heavy cream
¼ cup milk
½ cup chopped stewed prunes
¼ cup chopped pistachio nuts

Cream shortening; add sugar; beat well. Add eggs one at a time, beating well after each addition. Add flavoring. Sift together dry ingredients. Mix cream, milk and prune pulp together and add alternately with dry ingredients to first mixture. Add nuts. Bake in a greased square pan in moderate oven at 350° F. about 50 minutes. Sprinkle with powdered sugar and cut into small slices to serve. Makes 1 eight-inch cake.

Spanish Cake

½ cup shortening
1 cup sugar
2 eggs
2 cups pastry flour
3 teaspoons Royal Baking Powder
1 teaspoon cinnamon
½ cup milk

Cream shortening; add sugar slowly, beating in well. Add eggs, one at a time, beating well after each addition. Sift together flour, baking powder and cinnamon; add alternately with milk; mix well. Bake in greased tube pan in moderate oven at 350° F. about 1 hour. Cover with Sea Foam Frosting (page 25). Makes 1 eight-inch cake.

Butterscotch Cake

½ cup shortening
1⅓ cups brown sugar
2 eggs
1 teaspoon vanilla extract
1¾ cups pastry flour
2½ teaspoons Royal Baking Powder
¼ teaspoon soda
½ cup cold strong Chase & Sanborn's Coffee

Cream shortening; add sugar slowly. Add unbeaten eggs one at a time, beating well after each addition. Add flavoring. Add flour, sifted with baking powder and soda, alternately with coffee. Bake in greased square baking pan in moderate oven at 350° F. about 50 minutes. When cold cover top with Sea Foam Frosting (page 25). Cut into squares to serve. Makes 1 eight-inch cake.

Mocha Scotch Cake

1 recipe Butterscotch Cake
2 squares unsweetened chocolate
¼ cup more strong Chase & Sanborn's Coffee

Cook together chocolate, ⅓ cup of measured brown sugar and the ¾ cup coffee until it makes a thick syrup; cool. Make Butterscotch Cake recipe as directed, using the chocolate mixture as liquid. Bake as directed or as layers. Frost if desired with Boiled Frosting (page 25). Makes 1 eight-inch cake or 2 eight-inch layers.

Burnt Sugar Cake

1 cup sugar
1 cup milk
½ cup shortening
2 eggs
1 teaspoon vanilla extract
2¼ cups pastry flour
3 teaspoons Royal Baking Powder
¼ teaspoon salt

Caramelize ½ cup of sugar; slowly add 1 cup milk and stir until caramel is dissolved; there should be 1⅓ cups when finished; cool. Cream the shortening, add remainder of sugar and mix well. Add egg yolks and vanilla extract. Sift together flour, baking powder and salt and add alternately with caramel milk; fold in stiffly beaten egg whites. Bake in greased loaf pan in moderate oven at 350° F. for 1 hour 15 minutes. When cold, cover top with Caramel Frosting (page 13). Sprinkle thickly with Brazil nuts, black walnuts or pecans. Makes 1 loaf.

Somerset Cake

2 large cooking apples
½ cup shortening
1 cup sugar
1 teaspoon vanilla extract
2½ cups flour
3½ teaspoons Royal Baking Powder
¼ teaspoon soda
1 teaspoon cinnamon
1 teaspoon nutmeg
2 tablespoons cocoa
1 cup chopped nuts
1 cup raisins or dates

Peel and core apples, put through food chopper. Measure and use 1½ cups. Cream shortening; add sugar gradually, beating well. Add apples and flavoring. Sift together dry ingredients. Add raisins and nuts. Add to first mixture, beating well. Bake in greased tube pan in moderate oven at 350° F. for 1¼ hours. Makes 1 nine-inch cake.

Angel Cake

whites of 8 eggs
½ teaspoon cream of tartar
¾ cup fine granulated sugar
¾ cup pastry flour
1 teaspoon Royal Baking Powder
¼ teaspoon salt
1 teaspoon vanilla or almond extract

Whip egg whites to firm, stiff froth; beat in cream of tartar; fold sugar in lightly. Fold in flour sifted 3 times with baking powder and salt; add flavoring. Bake in ungreased tube pan in moderate oven at 350° F. about 50 minutes. Invert cake in pan and let stand until cold. Makes 1 ten-inch cake.

Burnt Almond Angel Cake

1 recipe Angel Cake
1 recipe Cream Fondant Icing (page 25)
¾ cup shredded browned almonds

Make cake mixture and bake as directed. When cold remove from pan. Invert cake on a plate. Cover with frosting and sprinkle with almonds. Makes 1 ten-inch cake.

Sponge Cake

6 eggs
1 cup sugar, sifted
grated rind of ½ lemon
2 tablespoons lemon juice
1 cup pastry flour
½ teaspoon Royal Baking Powder
½ teaspoon salt

Beat egg yolks with wire whip until thick; gradually add sifted sugar, beating continually. Add grated rind and lemon juice. Whip egg whites until stiff but not dry; fold half the egg whites into first mixture. Fold in sifted dry ingredients; add remaining egg whites and mix lightly. Bake in ungreased tube pan in moderate oven at 350° F. about 50 minutes. Remove from oven, invert cake in pan and let stand until cold. Remove from pan. Makes 1 ten-inch cake.

Hot Water Sponge Cake

4 eggs
1½ cups granulated sugar
1 teaspoon vanilla extract
1 cup boiling water or 1 cup scalded milk
2 cups pastry flour
2 teaspoons Royal Baking Powder
¼ teaspoon salt

Beat eggs; add sugar. Beat well. Add vanilla and boiling water or milk slowly. Continue beating about 2 minutes. Sift flour, baking powder and salt together. Sift into first mixture and fold from bottom up. Bake in ungreased tube pan at 350° F. for about 1 hour. Invert cake in pan and let stand until cold. Makes 1 ten-inch cake.

Orange Sponge Cake

4 eggs
¼ teaspoon cream of tartar
1 cup sugar
grated rind of 1 orange
⅓ cup orange juice
1¼ cups pastry flour
1½ teaspoons Royal Baking Powder
¼ teaspoon salt
1 recipe Orange Cream Filling (page 26)
1 recipe Seven Minute Frosting (page 26)
grated orange rind

Separate eggs; beat egg whites with cream of tartar until stiff. Add egg yolks one at a time, beating well between each addition. Beat in sugar gradually; remove egg beater. Add grated rind and orange juice. Fold in flour, sifted with baking powder and salt. Bake in 3 ungreased 9-inch layer cake pans in moderate oven at 325° F. about 20 minutes. Spread orange filling between layers; cover top and sides with frosting; grate orange rind on frosting before it sets. Makes 1 two-layer cake.

This cake may also be baked in a square or oblong pan in moderate oven at 325° F. about 40 minutes. Cover top with Orange Icing (page 25); break into 2-inch squares. Makes 24 pieces.

Sunshine Cake

1¼ cups granulated sugar
6 tablespoons cold water
6 eggs
⅛ teaspoon salt
1 teaspoon vanilla extract
1 cup pastry flour
1 teaspoon Royal Baking Powder

Cook sugar and water together to 238° F. or until syrup spins a thread; remove from fire. Add salt to egg whites and beat until stiff. Beat in hot syrup slowly; continue to beat until quite cool. Add flavoring. Beat egg yolks until thick; blend with egg white mixture. Sift together dry ingredients twice and add to egg mixture; blend carefully. Pour into large ungreased tube pan. Bake in moderate oven at 350° F. about 1 hour. Makes 1 nine-inch cake.

Coffee Sponge Cake

½ cup ground Chase & Sanborn's Coffee
¾ cup cold water
3 eggs
1 teaspoon vanilla extract
¾ cup sugar
¾ cup pastry flour
1 teaspoon Royal Baking Powder
¼ teaspoon salt

Mix coffee with water and bring to a boil; let stand 5 minutes; strain through fine cheese-cloth. Add egg yolks and beat until light. Add vanilla extract. Add sugar gradually and beat 5 minutes. Sift flour with baking powder and salt; add gradually. Fold in stiffly beaten egg whites. Bake in ungreased tube pan in moderate oven at 325° F. about 40 minutes. Invert cake in pan; let stand until cold. Makes 1 nine-inch cake.

Coffee Nut Sponge Cake

2 eggs
1 cup sugar
½ cup hot, strong Chase & Sanborn's Coffee
1 teaspoon vanilla extract
1½ cups pastry flour
2 teaspoons Royal Baking Powder
½ cup finely chopped pecans

Beat eggs until light and thick. Add sugar gradually, beating constantly until sugar is nearly dissolved. Add hot coffee slowly, stirring well. Add vanilla extract. Sift together flour and baking powder; add nuts. Add to first mixture and mix in very lightly, just enough to blend. Pour into an ungreased tube pan. Bake in moderate oven at 325° F. about 1 hour. The nuts must be finely chopped or the batter will not hold them up. Makes 1 eight-inch cake.

Luxor Loaf

½ cup egg yolks
½ cup lukewarm water
⅛ teaspoon baking soda
1 cup fine granulated sugar
1 teaspoon vanilla extract
1½ cups pastry flour
2 teaspoons Royal Baking Powder
½ teaspoon salt
1 recipe Lemon Cream Filling (page 26)
1 recipe Marshmallow Frosting (page 26)

Place egg yolks in large mixing bowl; add water and baking soda; beat with egg beater until very foamy. Add sugar slowly, beating in well. Add flavoring. Sift together flour, baking powder and salt. Fold carefully into mixture; pour into large ungreased tube pan. Bake in moderate oven at 350° F. about 45 minutes. Invert pan and let stand until cold. Remove from pan; remove all crumbs and moist crust from surface; cut in three layers. Spread Lemon Cream Filling between layers. Cover top and sides with Marshmallow Frosting. Makes 1 ten-inch cake.

Jelly Roll

3 eggs
1½ cups sugar
6 tablespoons cold water
1½ cups flour
1½ teaspoons Royal Baking Powder
¾ teaspoon salt
currant or other red jelly

Separate eggs; beat yolks very thick and light. Add sugar gradually, beating well between each addition. Add water, beating in well. Sift together dry ingredients; add alternately with stiffly beaten egg whites. Line a shallow pan (9 x 16 inches) with thin waxed paper. Pour in batter; spread ⅛ inch thick. Bake in moderate oven at 375° F. about 15 minutes, until lightly browned. Turn out immediately on damp cloth sprinkled with powdered sugar. Remove paper and trim off crusty edges. Spread with slightly beaten jelly; roll while still warm. Wrap in damp cloth and when cool, remove to plate and sprinkle with powdered sugar. Work quickly as cake will crack in rolling if it cools. Makes 10 slices.

Lemon Roll

1 recipe for Jelly Roll
1 recipe Lemon Cream Filling (page 26)

Make jelly roll; bake and roll up as directed without the filling. Let stand until cold; unroll and spread with filling. Roll up again. Slice; serve plain or with whipped cream. Makes 10 slices.

Chocolate Roll

1 recipe Jelly Roll
½ recipe Old Fashioned Chocolate Filling (page 14)

Make jelly roll; bake and roll up as directed without filling. Let stand until cold; unroll and spread with filling. Roll up again. Slice; serve with whipped cream or vanilla ice cream. Makes 10 slices.

Washington Pie

1 recipe Jelly Roll (page 22)
1 recipe Vanilla Cream Filling

Make jelly roll mixture. Bake in round deep cake pan. When cold split into 2 layers and spread with filling. Sprinkle powdered sugar on top. Cut as for pie. Makes 1 nine-inch cake.

Vanilla Cream Filling

½ cup sugar
2 tablespoons cornstarch
⅛ teaspoon salt
2 egg yolks
1 cup scalded milk
1 tablespoon butter
1 teaspoon vanilla extract

Mix together sugar, cornstarch, salt and egg yolks; add scalded milk slowly; add butter; cook in double boiler until thick and smooth, stirring constantly. Add flavoring; cool.

Cocoa Cream Roll

3 eggs
3 tablespoons flour
1 teaspoon Royal Baking Powder
⅛ teaspoon salt
½ cup powdered sugar
2½ tablespoons cocoa

Beat egg whites until stiff. Beat egg yolks until thick. Fold into egg whites. Fold in sifted dry ingredients. Spread thinly in Jelly Roll pan (8 in. x 12 in.) lined with ungreased paper. Bake in moderate oven at 350° F. about 15 minutes. Remove from pan to damp cloth sprinkled with powdered sugar. Remove paper; cut off crusty edges. Roll up as for Jelly Roll while cake is still warm. Wrap in damp cloth. When cake is cold, unroll and spread with sweetened whipped cream. Roll up again. Cut into slices and serve. Makes 8 slices.

Holiday Pound Cake

1 cup shortening
1 cup powdered sugar
4 eggs
2 cups flour
2 teaspoons Royal Baking Powder
1 teaspoon vanilla extract
1½ cups sliced citron
1½ cups walnut meats, coarsely chopped

Cream shortening; add sugar slowly, beating in well. Add eggs, one at a time, beating well after each addition. Add sifted dry ingredients, mixing well. Add citron and nuts. Bake in 1 very large or 2 regular size greased loaf pans in moderate oven at 325° F. about 1 hour. Makes 1 large or 2 small cakes.

Washington Fruit Pound Cake

1 recipe for Holiday Pound Cake
½ cup preserved ginger, cubed
¾ cup candied cherries, sliced

Make the cake mixture, omitting nuts and citron, and adding ginger and cherries instead. Bake as directed. Makes 1 large loaf.

Gingerbreads

Maryland Gingerbread

2 eggs
¾ cup brown sugar
¾ cup molasses
¾ cup melted shortening
2¼ cups flour
2½ teaspoons Royal Baking Powder
¾ teaspoon soda
2 teaspoons ginger
1½ teaspoons cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
1 cup boiling water

Add beaten eggs to sugar, molasses and melted shortening; add flour sifted with other dry ingredients; add hot water last. Bake in individual greased pans or in greased shallow pan in moderate oven at 350° F. about 40 minutes. Serve warm with butter, apple sauce or whipped cream. Makes 16 pieces.

Coffee Gingerbread

1 recipe Maryland Gingerbread
1 cup strong Chase & Sanborn's Coffee

Make as for Maryland Gingerbread, using coffee instead of boiling water. Bake as directed. Makes 16 pieces.

Hot Molasses Cake

½ cup shortening
½ cup brown sugar
1 egg
½ cup molasses
2 cups flour
3 teaspoons Royal Baking Powder
½ teaspoon salt
¼ teaspoon soda
½ teaspoon allspice
1 teaspoon cinnamon
½ cup milk

Cream shortening; add sugar slowly, beating in well. Add egg and molasses; beat well. Add flour sifted with baking powder, salt, soda and spices, alternately with milk; mix well. Bake in greased shallow pan in moderate oven at 375° F. about 35 minutes. If desired, spread thinly with chocolate icing. Serve warm. Makes 12 pieces.

Cup Cakes

Afternoon Tea Cakes

1 egg
¾ cup sugar
½ teaspoon vanilla extract
1½ squares unsweetened chocolate
3 tablespoons shortening, melted
1 cup pastry flour
1½ teaspoons Royal Baking Powder
¼ teaspoon salt
½ cup milk

Break egg into mixing bowl; add sugar and vanilla extract; add chocolate melted with shortening. Beat all together. Sift flour with baking powder and salt; add alternately with milk to first mixture. Half fill paper baking cups and set each into small muffin pan; bake in moderate oven at 375° F. about 30 minutes. The mixture may also be baked in small greased muffin pans.
Makes 24 small cakes.

Spicy Fruit Cakes

½ cup shortening
1 cup brown sugar
2 eggs
1 teaspoon vanilla extract
2 cups pastry flour
2 teaspoons Royal Baking Powder
½ teaspoon salt
¼ teaspoon soda
1 teaspoon each cinnamon and allspice
½ teaspoon nutmeg
¾ cup sour milk
½ cup sliced citron
1 cup each raisins and chopped nuts

Cream shortening; add sugar slowly; mix in well. Add unbeaten eggs one at a time, beating well after each addition; add vanilla extract. Sift flour, except ¼ cup, with all dry ingredients. Add alternately with milk to first mixture. Flour fruits and nuts with the ¼ cup flour; add to mixture. Bake in greased cup cake pans in moderate oven at 375° F. about 20 minutes. Makes 24 small cakes.

Maple Nut Cakes

1 recipe Butterscotch Cake (page 20)
½ cup milk
¾ cup chopped pecans
½ recipe for Maple Frosting (page 26)

Make cake mixture, using ⅓ cup instead of ½ cup shortening. Use milk in place of coffee. Add chopped nuts to batter last. Bake in greased cup cake pans in moderate oven at 375° F. about 25 minutes. Cover tops with frosting. Makes 12.

Rich Chocolate Cakes

⅓ cup shortening
1 cup sugar
2 eggs
1 teaspoon vanilla extract
2½ cups pastry flour
2 teaspoons Royal Baking Powder
¼ teaspoon salt
⅛ teaspoon soda
¾ cup milk
2½ squares unsweetened chocolate
1 recipe Fudge Frosting (page 25)

Cream shortening; add sugar slowly, beating in well. Add unbeaten eggs one at a time, beating well between each addition. Add flavoring. Sift together dry ingredients. Add alternately with milk to first mixture. Add melted and cooled chocolate; mix well. Bake in greased cup cake pans in moderate oven at 375° F. about 20 minutes. Cover top and sides with frosting. Makes 18.

Buttercups

1 recipe Gold Cake (page 17)
1 recipe Orange Icing (page 25)
1 square unsweetened chocolate, melted

Make cake mixture as directed. Bake in very small greased cup cake pans in moderate oven at 375° F. about 15 minutes. When cold, cover with icing; garnish with a dot of chocolate. Makes 6 dozen very small cakes.

Orange Blossoms

1 recipe White Cake (page 16)
1 recipe Orange Icing (page 25)
candied orange peel

Make cake mixture as directed. Bake in small greased cup cake pans in moderate oven at 375° F. about 15 minutes. Cover with Orange Icing and decorate tops with a piece of candied peel. Makes 3 dozen.

Lemon Cocoanut Cream Cakes

1 recipe for Three-Layer Cake (page 13)
1 recipe Lemon Cream Filling (page 26)
grated fresh cocoanut

Make cake mixture as directed. Bake in greased cup cake pans in moderate oven at 375° F. for 25 minutes. Cover tops with filling and dip in grated fresh cocoanut. Makes 24.

Frostings, Icings and Fillings

Frostings. Frostings are made of sugar syrup boiled to a certain temperature, poured over beaten egg whites and then stirred to desired consistency.

The use of one tablespoon of white corn syrup with each cup of sugar will produce frosting which remains creamy and smooth for several days.

Icings. Icings are sugar mixtures that are not cooked. They are made of fine confectioner's sugar blended with other ingredients to make smooth and a proper consistency to spread.

Fillings. The term "fillings" applies to both frostings and icings when they are used between layers of cake as well as on top, but the true group of fillings include the whipped cream variety and the smooth cooked custard-like ones.

Butter Cream Icing

¼ cup butter
1½ cups confectioner's sugar
cream
¼ teaspoon flavoring extract

Cream butter. Sift sugar; add gradually to butter, working in well. Add few drops of cream at a time to make good consistency to spread. Add flavoring.

Coffee Butter Icing

1 recipe Butter Cream Icing
1½–2 tablespoons strong Chase & Sanborn's Coffee

Make the butter icing, using coffee instead of cream. Use vanilla extract.

Chocolate Butter Icing

1 recipe Butter Cream Icing
1½ squares unsweetened chocolate, melted

Make the butter icing; add melted chocolate last, beating in well. Add more cream if necessary to make smooth, creamy consistency.

Orange Icing

1 recipe Butter Cream Icing
grated rind 1 orange
pulp and juice ½ small orange

Make the butter icing, using orange pulp and juice instead of cream. Add grated rind with sugar. Omit all flavoring extracts.

Cream Fondant Icing

2 cups confectioner's sugar
¼ cup cream
¼ teaspoon flavoring extract

Sift sugar; add cream slowly, beating well. When thoroughly blended add flavoring. Vanilla, maple, almond or rose extract may be used. Spread thinly on cake.

Mocha Icing

3 tablespoons butter
3 cups confectioner's sugar
5 tablespoons cocoa
5 tablespoons cold strong Chase & Sanborn's Coffee
1 teaspoon vanilla extract

Cream butter; add sugar and cocoa, mixing well. Add coffee slowly, beating well. Add flavoring. Beat until smooth and creamy.

Boiled Frosting

2 cups granulated sugar
1 cup water
whites of 2 eggs
1 teaspoon flavoring extract
¼ teaspoon Royal Baking Powder

Boil sugar and water without stirring to 238° F. or until syrup spins a thread; pour slowly over stiffly beaten egg whites; add flavoring and continue to beat until thick and cold. Add baking powder and beat until thick enough to spread on cake without running. Sufficient for a large loaf or 3-layer cake.

Sea Foam Frosting

½ cup light brown sugar
1 cup granulated sugar
¼ cup water
2 tablespoons strong Chase & Sanborn's Coffee
¼ teaspoon cream of tartar
whites of 2 eggs
⅛ teaspoon salt
¼ teaspoon Royal Baking Powder

Boil sugar, water, coffee and cream of tartar without stirring until syrup spins a long thread at 248° F. Remove from fire; beat egg whites until stiff. Add syrup very slowly to egg whites, beating continually; add salt. Beat until thick; add baking powder and continue to beat until thick enough to spread on cake without running.

Fudge Frosting

2 cups sugar
2 tablespoons corn syrup
3 squares unsweetened chocolate
½ cup milk
½ teaspoon Royal Baking Powder
2 tablespoons butter
1 teaspoon vanilla extract

Cook sugar, corn syrup, chocolate and milk to 232° F. or until syrup forms a very soft ball when tested in cold water. Stir occasionally to prevent burning. Remove from fire, add baking powder and butter. Cool to lukewarm. Add vanilla extract and beat until creamy and right consistency to spread.

Thin Bitter Chocolate Icing

For Coating Frostings

4 squares unsweetened chocolate
⅓ cup sugar
¼ cup water

Melt chocolate in top of double boiler. Boil sugar and water together 5 minutes to make a thin syrup. Pour slowly into melted chocolate, beating continually. When slightly thick, spread thinly on top of white or other frosting already on cake.

Seven-Minute Frosting

1 unbeaten egg white
⅞ cup granulated sugar
3 tablespoons cold water
½ teaspoon vanilla extract
¼ teaspoon Royal Baking Powder

Place first 3 ingredients in top of double boiler. Place over boiling water and beat with egg beater for seven minutes or until thick. Remove from fire and add flavoring. Beat until thick and nearly cold; add baking powder. Continue to beat until thick enough to spread on cake without running. Sufficient for a loaf or 2-layer cake.

Ornamental Icing

6 egg whites
4½ cups confectioner's sugar
1½ teaspoons cream of tartar
1 teaspoon flavoring extract

Put egg whites on large platter; add 1 cup sugar; beat with wire whip about 10 minutes. Add second cup of sugar and cream of tartar. Beat 10 minutes longer. Add third cup sugar and beat until smooth. Add flavoring; add remaining sugar; beat again until smooth and thick. Cover cake smoothly. Let stand few minutes to set before decorating. Beat remaining icing until stiff enough to retain its shape perfectly. Decorate cake, using a pastry bag and tubes.

Maple Frosting

2 cups maple syrup
2 egg whites
¼ teaspoon Royal Baking Powder

Boil syrup to 248° F. or to a long thread. Beat egg whites until stiff; add syrup slowly, beating continually. Continue to beat until frosting is cold and thick enough to hold its shape. Add baking powder during the last part of beating. Sufficient for 3-layer cake.

Marshmallow Frosting

2 egg whites
1¼ cups granulated sugar
4 tablespoons cold water
9 large marshmallows, cut small
½ teaspoon vanilla extract
¼ teaspoon Royal Baking Powder

Place first 3 ingredients in top of double boiler. Place over boiling water and beat with egg beater about 10 minutes or until thick, adding marshmallows as mixture begins to thicken; beat until smooth. Remove from fire and add flavoring. Beat until thick and nearly cold; add baking powder. Continue to beat until thick enough to spread on cake without running. Sufficient for a large loaf or 3-layer cake.

Orange Cream Filling

¼ cup sugar
1½ tablespoons flour
¼ teaspoon salt
2 teaspoons grated orange rind
½ cup orange juice
1 egg yolk
2 teaspoons butter
1 teaspoon lemon juice

Mix together sugar, flour and salt in top of double boiler; add orange rind and juice. Add butter and egg yolk; cook until smooth and thick. Remove from fire; add lemon juice. Cool.

Lemon Cream Filling

3 tablespoons cornstarch
¾ cup cold water
¼ cup lemon juice
1 cup sugar
2 egg yolks
2 tablespoons butter
grated rind 1 lemon

Mix cornstarch with water to make smooth paste. Cook in double boiler until thick, stirring constantly. Add lemon juice and continue cooking. When thick and smooth, add sugar which has been mixed with egg yolks. Cook 3 minutes longer. Add butter and lemon rind; beat until smooth. Cool.

The Cookie Jar

Rolled Cookies. The dough must be stiff enough to roll out easily on a floured board. Very rich mixtures often become soft from handling and are difficult to roll out. If these doughs are first chilled in the refrigerator, they handle more easily, thus avoiding the use of much extra flour, which when worked into the dough causes a dry, floury, streaked cookie.

Sliced Cookies. Any dough for rolled cookies may be formed into rolls or packed into a pan, and chilled several hours in the refrigerator. Before slicing, the dough should be very hard, and each cookie sliced off thinly with a sharp knife. This method is time saving, eliminates a floury board, rolling pin and cutters, and is simpler for the beginner, especially when rich, buttery mixtures are used.

Dropped Cookies. This mixture is too soft to roll out, but stiff enough to hold its shape without flattening out completely. Drop the mixture by small spoonfuls on a baking sheet. Place about 1 inch apart to allow for some spreading.

Keeping Cookie Dough. Any dough for rolled or sliced cookies may be kept in the refrigerator if well wrapped in waxed paper. A portion of it can be baked at any time; different flavorings, nuts, fruits, etc., may be added, thereby making many varieties from a single mixing.

Sugar Cookies
A Master Recipe

3 cups flour
1 teaspoon Royal Baking Powder
¼ teaspoon salt
1¼ cups sugar
1 cup shortening
3 eggs
1 teaspoon vanilla extract

Sift dry ingredients together. Add shortening, mixing in with a fork. Add unbeaten eggs and flavoring. Roll out very thin on floured board and cut with floured cookie cutters. Decorate tops if desired. Bake in moderate oven at 375° F. for 8 minutes. Makes 6 dozen.

Black Walnut Circles

1 recipe Sugar Cookies
½–¾ cup chopped black walnut meats

Make sugar cookie dough, adding nuts to dry ingredients. Roll out thinly; cut with doughnut cutter. Bake as directed. Makes 5 dozen.

Almond Bars

1 recipe Sugar Cookies
½ teaspoon almond extract
1 egg yolk
1 tablespoon milk
granulated sugar
½ cup chopped or 1 cup halved almonds

Make sugar cookie dough, adding almond extract. Roll out and cut into bars about 1 in. x 3 in. Brush tops with egg yolk mixed with milk. Sprinkle with sugar and nuts. Bake as directed. Makes 6 dozen.

Orange Flowers

1 recipe Sugar Cookies
grated rind of 1 orange

Make sugar cookie dough, omitting vanilla extract. Add grated orange rind. Roll out thinly; cut with diamond shaped cutter. Bring 2 longest points to center, overlapping slightly. Place small piece of candied orange peel or other fruit in center. Bake as directed. Makes 6 dozen.

Ice Box Sliced Cookies

Use recipe for Sugar Cookies. Form dough into rolls about 8 inches long and 2 inches in diameter. Wrap in wax paper and place in refrigerator for several hours or until hard. Cut into thin slices with sharp knife and place on greased baking sheet. Bake as directed. Makes 6 dozen.

Chocolate Pinwheels

½ cup shortening
½ cup sugar
1 egg yolk
½ teaspoon vanilla extract
3 tablespoons milk
1½ cups flour
1½ teaspoons Royal Baking Powder
⅛ teaspoon salt
1 square chocolate, melted

Cream shortening; add sugar slowly. Add egg yolk and vanilla extract, beat well. Add milk; add sifted dry ingredients. Divide dough in half. Add melted chocolate to one half. Roll white dough into thin rectangular sheet, then roll chocolate dough into a sheet the same size. Place white dough over chocolate and gently press together. Roll as for jelly roll into a tight roll. Chill for several hours to become very firm. Cut into ¼ inch slices; lay cut side down, on a greased baking sheet. Bake in moderate oven at 375° F. about 10 minutes. Makes 4 dozen.

Creole Pinwheels

1 recipe Chocolate Pinwheels (page 27)
1 tablespoon molasses
½ teaspoon cinnamon
½ teaspoon nutmeg

Make the foundation dough for Chocolate Pinwheels. Divide in half. Omit chocolate, but instead add molasses and spices to one half. Roll out light and spiced mixtures and continue for chocolate pinwheels. Bake as directed. Makes 4 dozen.

Africaines

½ cup shortening
1 cup brown sugar
1 egg
1 teaspoon vanilla extract
½ cup evaporated milk, undiluted
2½ cups pastry flour
1 teaspoon Royal Baking Powder
½ teaspoon salt
¼ teaspoon soda
3 squares unsweetened chocolate, melted

Cream shortening; add sugar slowly, beating in well. Add unbeaten egg and flavoring; beat well. Add sifted dry ingredients alternately with milk to make rather stiff dough. Add melted and cooled chocolate. Force through pastry bag, using a large rose tube, onto greased baking sheet to make small flower shapes. Bake in moderate oven at 375° F. about 10 minutes. Makes 6 dozen.

Peanut Cookies

½ cup shortening
1 cup sugar
2 eggs
2 cups flour
3 teaspoons Royal Baking Powder
½ teaspoon salt
2 tablespoons milk
1 cup chopped peanuts

Cream butter; add sugar gradually mixing in well. Add unbeaten eggs, one at a time, beating well after each addition. Sift together flour, baking powder and salt; mix in peanuts. Add alternately with milk to first mixture to make soft dough. Roll out on floured board; cut with cookie cutter. Bake in moderate oven at 375° F. about 15 minutes. This mixture may also be used for sliced refrigerator cookies. Makes 4 dozen.

Peanut Butter Cookies

1 recipe Peanut Cookies
¼ cup shortening
½ cup peanut butter

Make peanut cookie dough, reducing shortening to ¼ cup and adding peanut butter. Cream shortening and peanut butter together. Omit chopped peanuts. Bake as directed. Makes 4 dozen.

Cream Cookies

⅓ cup shortening
⅔ cup sugar
1 egg, well beaten
⅓ cup thick sour cream
1⅔ cups flour
1 teaspoon Royal Baking Powder
⅛ teaspoon soda
¼ teaspoon salt
½ cup chopped nuts
½ teaspoon cinnamon
1 tablespoon sugar

Cream shortening well; add sugar slowly, beating in well. Add beaten eggs; mix well. Add sour cream; add flour sifted with baking powder and salt; mix well. Add nuts. Drop by small spoonfuls on a greased baking sheet; flatten each cookie somewhat with bottom of a glass dipped in granulated sugar. Sprinkle tops with cinnamon and sugar mixed together. Bake in moderate oven at 400° F. about 10 minutes. Makes 3 dozen cookies.

Chocolate Jumbos

½ cup shortening
1 cup brown sugar
1 egg
2 squares unsweetened chocolate, melted
½ teaspoon vanilla extract
1¾ cups flour
2½ teaspoons Royal Baking Powder
¼ teaspoon salt
½ cup milk
½ cup chopped nuts, preferably pecans

Cream shortening; add brown sugar gradually, beating in well. Add unbeaten egg; beat well. Add melted and cooled chocolate; add vanilla extract. Sift together flour, baking powder and salt. Add to first mixture alternately with milk; mix well. Add nuts. Drop by small spoonfuls on greased baking sheet and decorate tops with halved pecans. Bake in moderate oven at 400° F. about 20 minutes. Makes 3 dozen.

Scotch Shortbreads

⅔ cup shortening
½ cup confectioner's sugar
2 egg yolks
2 cups flour
½ teaspoon Royal Baking Powder

Cream butter. Add sugar gradually, mixing well. Add egg yolks. Add sifted dry ingredients. Roll out ¼ inch thick; cut into shape desired. Prick with fork; place on baking sheet; bake in moderate oven at 350° F. about 20 minutes. Makes 3 dozen.

Oatmeal Macaroons

1 tablespoon melted shortening
1 cup sugar
2 eggs
2½ cups rolled oats
2 teaspoons Royal Baking Powder
¾ teaspoon salt
1 teaspoon vanilla extract

Mix sugar with shortening; add eggs, one at a time, beating in well; add rolled oats, baking powder, salt and vanilla extract; mix well. Drop on greased tins, about ½ teaspoon to each macaroon, allowing space for spreading. Bake in moderate oven at 375° F. about 10 minutes. Makes 3 dozen.

Brownies

2 eggs
1 cup sugar
2½ squares unsweetened chocolate
⅓ cup shortening
½ cup flour
½ teaspoon Royal Baking Powder
⅛ teaspoon salt
½ teaspoon vanilla extract
1 cup nut meats, coarsely chopped

Beat eggs until thick and frothy; beat in sugar. Melt chocolate and shortening together over hot water. Add to first mixture. Add flour sifted with baking powder and salt. Add vanilla extract and nuts. Spread thinly in greased baking pan; bake in moderate oven at 325° F. for 30 minutes. Cut into 2 inch squares. Makes 2 dozen.

Soft Molasses Cookies

½ cup lard or other shortening, melted
1 cup molasses
2 tablespoons warm water
1 egg, beaten
3 cups flour
2 teaspoons Royal Baking Powder
¼ teaspoon salt
¼ teaspoon soda
½ teaspoon ground ginger
1½ teaspoons cinnamon

Mix together shortening, molasses and warm water; add beaten egg. Sift together dry ingredients and add to first mixture; mix thoroughly and let stand about 10 minutes. Roll out on floured board to ⅓ inch thick; cut with round cookie cutter. Bake in moderate oven at 400° F. about 15 minutes. Makes 4 dozen.

Coffee and Molasses Wafers

¾ cup shortening
¼ cup sugar
¼ cup molasses
¼ cup strong Chase & Sanborn's Coffee
½ teaspoon Royal Baking Powder
¼ teaspoon soda
¼ teaspoon ginger
¼ teaspoon cloves
2 cups flour

Cream shortening; add sugar gradually, beating in well. Mix together molasses and coffee and add to first mixture. Sift together all dry ingredients and add. Use more flour if necessary to make dough right consistency to roll. Roll out thin on floured board and cut with small cookie cutter. Bake on greased pans in moderate oven at 375° F. about 10 minutes. Makes 3 dozen.

Hermits

6 tablespoons shortening
½ cup sugar
1 egg
½ cup molasses
1¾ cups flour
2 teaspoons Royal Baking Powder
¼ teaspoon soda
⅓ teaspoon salt
¾ teaspoon cinnamon
¼ cup milk
1 cup seeded raisins

Cream shortening; add sugar, egg and molasses; mix well. Sift together dry ingredients; add alternately with milk. Add raisins; mix well. Drop from spoon on greased baking sheet; bake in moderate oven at 350° F. about 10 minutes. Makes 3 dozen.

Rochester Ginger Snaps

1 cup molasses
1 cup sugar
½ cup shortening
1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon soda
1 egg
3 cups flour
1 teaspoon Royal Baking Powder

Boil together molasses, sugar, shortening, spices and soda for five minutes, or to 232° F. Cool and add the egg, beaten, and flour sifted with baking powder. Chill mixture in refrigerator for several hours. Roll very thin on floured board; cut in strips 1 inch wide and 4 inches long. Place on greased baking pans or cookie sheet and bake in moderate oven at 400° F. for 6 minutes. Makes 8 dozen.

Shortcakes

Old Fashioned Strawberry Shortcake

1 master recipe Biscuits (page 3)
2 tablespoons sugar
1 quart strawberries, crushed and sweetened

Make biscuit dough as directed, adding sugar to dry ingredients. Divide in half. Shape into 2 rounds to fit a deep layer cake pan. Place one round in the pan. Spread with soft butter. Place other round on top. Bake in moderate oven at 400° F. about 25 minutes. Split while hot and butter. Spread crushed berries between layers. Serve with or without cream. Serves 8.

Individual Strawberry Shortcakes

1 recipe Rich Tea Biscuits (page 4)
1 quart strawberries
whipped cream

Make rich biscuit dough as directed. Roll out ½ inch thick. Cut with large biscuit cutter. Place on greased baking pan. Bake in hot oven at 475° F. about 12 minutes. Split while hot, butter and spread crushed and sweetened berries between layers. Put on tops, cover with strawberries and whipped cream. Garnish with whole berries. Makes 8.

Lemon Shortcakes

1 recipe Rich Tea Biscuits (page 4)
3 lemons
3 cups water
2 cups sugar
3 tablespoons cornstarch
2 egg yolks

Make rich biscuit dough; bake as for biscuits. Make lemon sauce as follows: Slice lemons very thinly; add water. Cook until tender, about 15 minutes. Mix together sugar, cornstarch and egg yolks. Add to lemon mixture. Cook, stirring constantly until clear looking; cool slightly. Use between split and buttered shortcakes and on top. Serves 12.

Rhubarb Shortcake

1 recipe Rich Tea Biscuits (page 4)
2 tablespoons sugar
3 cups baked rhubarb, sweetened
¼ lb. maple sugar, shaved

Make rich biscuit dough as directed, adding sugar to dry ingredients. Bake as one large shortcake. Split and butter while hot. Put together and cover top with rhubarb; sprinkle with maple sugar. Serves 8.

Orange Shortcakes

1 recipe Rich Tea Biscuits (page 4)
4 large seedless oranges
powdered sugar

Make rich biscuit dough. Divide in half. Shape into 2 large rounds to fit deep layer cake pan. Place one round in pan; spread with soft butter. Place other round on top; spread with soft butter. Bake in moderate oven at 400° F. about 25 minutes. Split; arrange whole sections of orange pulp, free from all skin, between layers and on top of cake. Sprinkle generously with powdered sugar. Makes 8.

Fresh Peach Shortcake

1 recipe Rich Tea Biscuits (page 4)
2 tablespoons sugar
1 quart sliced fresh peaches, sweetened
vanilla ice cream

Make biscuit dough as directed, adding sugar to dry ingredients; bake as one large shortcake. Split and butter while warm. Put together and cover top with peaches. Serve soft vanilla ice cream as a sauce. Serves 8.

Cranberry and Banana Shortcakes

1 recipe Rich Tea Biscuits (page 4)
1 recipe Cranberry and Banana Filling

Make rich biscuit dough as directed. Roll out ½ inch thick; cut with biscuit cutter. Bake in hot oven at 475° F. about 15 minutes. Split and butter while warm. Put together with filling. Sprinkle with powdered sugar. Makes 10–12.

Cranberry and Banana Filling

1 cup sugar
½ cup water
2 cups cranberries
3 to 4 bananas

Boil sugar and water together 5 minutes. Add cranberries; boil without stirring until skins pop open. Remove from fire; cool. Add sliced bananas and more sugar if necessary.

Chicken Shortcakes

1 master recipe for Biscuits (page 3)
creamed chicken or mushrooms

Make biscuit dough as directed. Roll out ½ inch thick; cut with large biscuit cutter. Bake in hot oven at 475° F. about 12 minutes. Split while hot, butter and fill with hot creamed chicken or any other creamed mixture desired. Makes 8.

In a skillet melt together 1 cupful brown sugar and 1½ tablespoonfuls butter. Then add 1 pint of moist fruit. Make a batter as follows; Cream together ¾ cup sugar, 2 tablespoons of butter and 1 beaten egg, ½ cupful sweet milk, 1½ cupfuls pastry flour into which have been

sugar & tablespoon baking powder. Put
this into the skillet over the melted
butter & sugar. Bake in moderate oven.
When done turn out on a large plate,
bottom side up and your cake is iced.
Serve hot or cold with whipped cream
or plain. Name = Skillet cake

Puddings

Cottage Pudding

¼ cup shortening
½ cup sugar
1 egg
½ teaspoon vanilla extract
1½ cups pastry flour
2½ teaspoons Royal Baking Powder
¼ teaspoon salt
½ cup milk

Cream shortening; add sugar slowly, beating in well. Add unbeaten egg and flavoring; beat until well blended. Add sifted dry ingredients alternately with milk; mix well. Bake in well greased baking pan or small ring mould in moderate oven at 350° F. about 30–40 minutes. Serve warm with Lemon, Chocolate or other sauce (page 32). Makes 8 servings.

Fruit Dumplings

2 cups pastry flour
1 teaspoon Royal Baking Powder
½ teaspoon salt
6 tablespoons shortening
1 egg yolk
⅓ cup milk
chopped or sliced fruit

Sift dry ingredients; add shortening; mix in lightly with a fork. Add egg yolk to milk; add to dry mixture to make soft dough. Roll half the dough ¼ inch thick; cut into quarters. Fit each into muffin pan; fill with fruit; sweeten to taste. Pinch edges together on top. Repeat with remaining dough. Bake in hot oven at 425° F. 15 minutes; reduce heat to 375° F. and bake 15 minutes longer. Apples, peaches, rhubarb, strawberries, etc., may be used. Makes 8.

Apple Cobbler

½ recipe Rich Tea Biscuits (page 4)
4 cups sliced or chopped apples
½ cup sugar
⅓ teaspoon cinnamon
¼ teaspoon nutmeg
1½ tablespoons water
1½ tablespoons butter

Make the rich biscuit dough as directed, using egg yolk only and ⅓ cup milk. Pat out ½ inch thick to make an 8-inch square. Grease a deep baking pan; put the apples in it; sprinkle with sugar and spices. Add water; dot with butter. Place the square of dough on top. Bake in moderate oven at 400° F. until crust is done and apples are tender, about 30 minutes. Cut into squares; serve warm with a pudding sauce. Makes 9 servings.

Blueberry Roly Poly

1 recipe Rich Tea Biscuits (page 4)
1 cup blueberries
¼ cup sugar

Make rich biscuit dough as directed. Roll out on floured board into an oblong piece about ½ inch thick. Sprinkle with berries mixed with sugar. Roll up to make a long roll. Bake in greased shallow pan in moderate oven at 375° F. about 45 minutes. Slice and serve warm with pudding sauce or vanilla ice cream. Blackberries, raspberries, strawberries and other fruits may be used. Makes 1 roll.

Empress Pudding

⅓ cup shortening
¾ cup sugar
2 egg whites
1½ cups pastry flour
2 teaspoons Royal Baking Powder
¼ teaspoon salt
½ teaspoon vanilla extrac
½ cup milk
½ teaspoon each cinnamon and nutmeg
½ tablespoon molasses

Cream shortening; add sugar slowly, mixing in well. Add unbeaten egg whites one at a time, beating well after each addition. Sift together flour, baking powder and salt; add alternately with milk to first mixture. Add flavoring. To ⅔ this mixture add cinnamon, nutmeg and molasses. Put into greased pudding mould, a spoonful of light mixture then a spoonful of dark mixture alternately as for marble cake. Cover tightly and steam for two hours. Serve with Fig and Sherry Sauce (page 32). Makes 1 large pudding.

Steamed Chocolate Pudding

¼ cup shortening
¾ cup sugar
1 egg
½ teaspoon vanilla extract
2½ squares unsweetened chocolate, melted
2 cups pastry flour
4½ teaspoons Royal Baking Powder
¼ teaspoon salt
1 cup milk

Cream shortening; add sugar slowly. Add egg and flavoring; beat well. Add melted chocolate. Sift together dry ingredients; add alternately with milk to first mixture. Pour into a large or several small well-greased moulds; cover tightly; steam 2 hours. Serve with whipped cream or Ice Cream Sauce (page 32). Makes 1 large or 12 small puddings.

Orange Marmalade Puddings

1½ cups flour
2 tablespoons sugar
3 teaspoons Royal Baking Powder
½ teaspoon salt
6 tablespoons water
1 egg
⅓ cup melted shortening
½ cup orange marmalade

Sift together dry ingredients; add water, well beaten egg and melted butter. Mix well; fold in orange marmalade. Put one teaspoon orange marmalade in bottom of small well-greased moulds. Half fill with mixture; cover tightly and steam for 30 minutes. Makes 10.

Steamed Fig Pudding

¼ cup shortening
1 cup sugar
1 egg
½ teaspoon vanilla extract
2 cups flour
4 teaspoons Royal Baking Powder
⅛ teaspoon salt
1 cup milk
1½ cups chopped figs

Cream shortening; add sugar slowly, beating in well. Add egg and vanilla extract; mix well. Add sifted dry ingredients alternately with milk. Add figs. Pour into greased pudding mould; cover tightly and steam for 2 hours. Serve with any pudding sauce desired.

Christmas Fruit Pudding

2½ cups flour
¼ teaspoon soda
3 teaspoons Royal Baking Powder
½ teaspoon salt
½ teaspoon nutmeg
½ teaspoon cinnamon
¾ cup beef suet, finely chopped, or
½ cup butter, melted
1 cup molasses
1 cup seeded raisins, floured
1 cup milk
½ cup currants, floured
½ cup citron, sliced

Sift dry ingredients twice. Add the other ingredients in the order given. Pour into buttered moulds; steam 2 hours. Serve with Hard Sauce or other pudding sauce. Makes 4 small puddings.

Pudding Sauces

Hard Sauce

⅓ cup butter
1 cup powdered or confectioner's sugar
½ teaspoon flavoring extract

Cream butter until very light; add sugar very slowly, beating until light and creamy. Add flavoring and beat again. Grate nutmeg or orange peel on top.

Ice Cream Sauce

1 egg
few grains salt
3 tablespoons sugar
½ cup heavy cream
1 teaspoon vanilla extract

Beat egg white with salt until stiff; add sugar gradually and continue beating. Add egg yolk, beating in well. Beat cream until stiff; add egg mixture. Add vanilla extract. Mocha, maple, or almond flavoring may be used if desired.

Lemon Sauce

½ cup sugar
2 tablespoons flour
¾ cup cold water
2 tablespoons butter
grated rind and juice of 1 lemon
1 egg yolk

Mix together sugar and flour; add water and stir until smooth; add butter and lemon rind; boil 5 minutes, stirring constantly until thick. Add lemon juice and slightly beaten egg yolk. Cook two minutes longer. Use warm or cold.

Fig and Sherry Sauce

2 tablespoons sugar
2 tablespoons cornstarch
¾ cup water
2 tablespoons orange juice
¼ cup cooking sherry or orange juice
¾ cup chopped figs

Mix together sugar and cornstarch; add water and boil 5 minutes; add orange juice, figs and sherry. Serve warm.

Creamy Chocolate Sauce

½ cup sugar
1 teaspoon cornstarch
½ cup water
⅓ cup white corn syrup
1 square unsweetened chocolate
1 tablespoon butter

Mix sugar and cornstarch together; add water slowly; add corn syrup and chocolate. Cook about 15 minutes, until slightly thickened. Add butter; cool.

Pastry and Pies

The Master Recipe

2 cups pastry flour
½ teaspoon Royal Baking Powder
½ teaspoon salt
½ cup shortening
5 - 6 tablespoons ice water

Sift together dry ingredients; add shortening, mixing in with a fork or finger tips, until crumbly in appearance. Add water, a spoonful at a time, mixing until dry mixture is moistened just enough to hold it together. Work lightly with hands until smooth.

For Filled and Covered Pies. Divide the dough in half, roll out on floured board to ⅛ inch thick. Fit into pie pan and trim edges even with the pan. Roll out remaining dough for top crust, fold in half and make a few slits in it near center of the fold. Put filling in lower crust, moisten edges of crust with water and place top crust loosely over the filling. Trim off edges and press the crusts together, using the fingers or a fork. Bake in hot oven at 475° F. about 10 minutes. Reduce heat and bake as directed according to the filling. Makes 1 large pie.

For Pastry and Tart Shells. Use ½ the master recipe. Roll out dough to ⅛ inch thick. Fit into pie pan; turn edges under and pinch into scallops with the fingers. Prick all over with a fork. Bake in hot oven at 475° F. about 8 to 10 minutes. Makes 1 large shell or 4 tart shells.

Keeping Pastry. Much time can be saved by making a large recipe for pastry at one time, wrapping well in waxed paper and keeping in the refrigerator for several days. Aside from the convenience of having it on hand, the thorough chilling makes it easy to handle. As small or as large an amount as needed can be cut off from the piece, rolled out and baked at one time.

Baking Powder in Pastry. Better results in pastry making and greater ease in handling are assured the inexperienced cook by adding a small amount of baking powder to pie paste.

Common Causes of Failure. Overmixing of flour and fat. Too much water makes a tough pastry. Too much handling develops a tough crust. Too slow an oven does not permit flakiness. Pastry should contain only enough water to hold the dough together and should be lightly and quickly handled.

High Altitude. No changes are necessary.

Covered or Two Crust Pies. Are made for uncooked fillings as in apple, cherry, berry and mince pies. Both crusts and the filling are baked together. Be sure to moisten the rim of lower crust with water before putting on top crust. Cut small slits in top crust to allow steam to escape.

Shells or One Crust Pies. Are generally used for cooked fillings or fresh fruits. The crust or shell is baked first, then filled with a cooked, creamy filling, such as lemon, butterscotch, chocolate or coffee—or fresh fruits, as strawberries or fruit gelatin mixtures. Either meringue or whipped cream is used as a topping.

Cookie Dough for Pastry. Is often used with Cheese Cakes—1 cup pastry flour, ½ teaspoon Royal Baking Powder, ¼ cup sugar, 1½ tablespoons shortening, 1 egg, 1 tablespoon milk. Sift together dry ingredients. Add shortening, mixing in well. Add slightly beaten egg and milk; mix well. Pat into bottom of pie pan or spring form pan to ¼ inch thick.

Apple Pie

1 master recipe for Pastry
1 quart (4 cups) sliced tart apples
¼–½ cup sugar
grated nutmeg or cinnamon
1 tablespoon butter

Prepare pastry as directed. Fill with sliced apples. Sprinkle with sugar and spices. Dot with butter. Cover with top crust as directed. Bake in hot oven at 475° F. about 10 minutes. Reduce temperature to 375° F. and bake about 30 minutes or until apples are tender. Makes 1 eight-inch pie.

Cherry Pie

1 master recipe for Pastry
1 quart sour cherries, pitted
½ cup sugar, or more
¼ cup flour

Prepare pastry as directed. Mix together cherries, sugar and flour. Put into lower crust. Cover with top crust. Bake in hot oven at 475° F. 10 minutes; reduce temperature to 425° F. and bake 20 minutes longer. Makes 1 eight-inch pie.

Fresh Berry Pies

1 master recipe for Pastry (page 33)
3 cups blueberries, huckleberries, blackberries or raspberries
⅔ cup sugar
1½ tablespoons flour
½ teaspoon salt
1 tablespoon butter

Prepare pastry as directed. Mix fruit with sugar, flour and salt. Put into lower crust; dot with butter. Cover with top crust or lattice strips. Bake in hot oven at 475° F. for 10 minutes. Reduce temperature to 425° F. and bake about 20 minutes. Makes 1 eight-inch pie.

Pumpkin Pie

1 master recipe for Pastry (page 33)
2 cups strained pumpkin, stewed or canned
1 cup brown or granulated sugar
2 eggs
1 teaspoon salt
¾ teaspoon ground ginger
1½ teaspoons cinnamon
½ teaspoon allspice
2 cups rich milk

Prepare and bake 1 large or 2 smaller pastry shells as directed. Mix together pumpkin, sugar, eggs, salt and spices. Add milk gradually to keep mixture smooth. Pour into baked pastry shells; bake in moderate oven at 375° F. for 1 hour or until filling is firm. Makes 1 ten-inch or 2 eight-inch pies.

Mince Pie

1 master recipe for Pastry (page 33)
3 cups homemade or prepared mincemeat

Prepare pastry as directed. Fill with mincemeat. Cover with top crust. Bake in hot oven at 475° F. about 10 minutes. Reduce temperature to 450° F. and bake 20 minutes longer. Makes 1 large pie.

Custard Pie

½ master recipe for Pastry (page 33)
3 eggs
⅓ cup sugar
1 teaspoon salt
1 teaspoon vanilla extract
2 cups milk, scalded slightly

Prepare and bake pastry shell in hot oven at 475° F. about 8 minutes, until set but not browned. Beat eggs slightly; add sugar, salt and flavoring; add scalded milk slowly. Pour into crust. Bake in moderate oven at 325° F. about 30 minutes. The custard is baked when a knife put in center comes out dry. Makes 1 eight-inch pie.

Cocoanut Custard Pie

1 recipe Custard Pie
1 cup fresh grated cocoanut

Make the custard pie filling as directed. Add grated cocoanut. Bake as directed. Makes 1 eight-inch pie.

Lemon Meringue Pie

½ master recipe for Pastry (page 33)
1 cup sugar
3 tablespoons cornstarch
2 tablespoons flour
¼ teaspoon salt
grated rind of 1 lemon
2 cups boiling water
3 egg yolks
6 tablespoons lemon juice
1 tablespoon butter
1 recipe for Meringue

Prepare and bake pastry shell as directed. Mix half the sugar with cornstarch, flour and salt. Add lemon rind; pour on boiling water slowly, stirring constantly. Cook in double boiler, continuing to stir until thick and clear. Mix remaining half of sugar with egg yolks and lemon juice; add to first mixture; cook about 2 minutes longer until thick and smooth; add butter. Pour into baked pastry shell. Cover with meringue; bake as directed. Makes 1 eight-inch pie.

Meringue for Pies, Puddings, etc.

3 egg whites
6 tablespoons granulated sugar
lemon juice or vanilla extract

Beat egg whites until stiff; gradually beat in sugar; add flavoring. Spread thickly on top of pie or pudding. Bake in moderate oven at 325° F. about 15 minutes. Sufficient for 1 pie.

Butterscotch Pie

½ master recipe for Pastry (page 33)
4 tablespoons cornstarch
¼ teaspoon salt
3 egg yolks
2 cups milk
1¼ cups brown sugar
3 tablespoons butter
1 teaspoon vanilla extract
1 recipe for Meringue

Prepare and bake pastry shell as directed. Mix together cornstarch, salt and egg yolks. Add milk slowly. Cook in double boiler until thick and smooth. Cook together butter and sugar until soft and bubbly. Add to thickened mixture; beat well. Cool slightly; add flavoring. Pour into baked pastry shell. Cover with meringue; bake as directed. Makes 1 eight-inch pie.

Shoo Fly Pie

½ master recipe for Pastry (page 33)
½ cup fine cracker crumbs
1 cup sugar
1 teaspoon cinnamon
½ teaspoon cloves
¼ teaspoon salt
¾ cup molasses
2 tablespoons vinegar
2 tablespoons lemon juice
¼ cup melted butter
2 eggs

Line a pie plate with pastry. Mix together all dry ingredients. Beat eggs well and add with remaining ingredients to dry mixture. Pour into pastry shell. Cover top of pie with strips of pastry arranged in lattice fashion. Bake in hot oven at 450° F. for 15 minutes, then reduce heat to 425° F. and bake for 15 minutes longer. Makes 1 eight-inch pie.

Cranberry and Apple Pie

½ master recipe for Pastry (page 33)
1½ cups cranberries
1½ cups diced cooking apples
½ cup water
1 cup sugar

Prepare a pastry shell and bake in hot oven at 475° F. for 5 minutes to partly bake but not to brown. Cook cranberries, apples and water together until tender. Add sugar. Pour into pastry shell. Cover with strips of pastry in lattice form. Return to hot oven at 475° F. about 8 minutes. Makes 1 eight-inch pie.

Pecan Pie

½ master recipe for Pastry (page 33)
4 egg whites
1 cup brown sugar
½ cup flour
½ teaspoon Royal Baking Powder
¼ teaspoon salt
1½ cups chopped pecans
3 tablespoons melted butter

Prepare a pastry shell. Place in hot oven at 475° F. about 5 minutes to partly bake but not to brown. Beat egg whites until stiff; add brown sugar slowly, beating in well. Sift together flour, baking powder and salt. Add to first mixture; add pecans; add butter. Pour into pastry shell. Bake in moderate oven at 325° F. about 30 minutes. Makes 1 eight-inch pie.

Beverages

Drip Coffee

Scald the drip coffee pot with boiling water to warm it. Use 1 heaping tablespoon Chase & Sanborn's Coffee for each measuring cup (8 oz.) water. Always use freshly drawn water heated to boiling. Put coffee in upper compartment of coffee pot. Pour on measured amount of boiling water. Place on asbestos mat over low fire or in pan of hot water to keep coffee hot—do not let it boil. When water has dripped through, remove upper compartment. Serve immediately.

Percolated Coffee

Use 1 heaping tablespoon Chase & Sanborn's Coffee to each measuring cup (8 oz.) water. Measure required number of cups boiling water into percolator. Insert basket and add coffee. Place on fire. Heat slowly; percolate 7 to 10 minutes after percolating has started. Remove basket with coffee grounds; serve at once.

Boiled Coffee

Use 1 heaping tablespoon Chase & Sanborn's Coffee for each measuring cup (8 oz.) water. Measure coffee into pot; add boiling water. Place on fire; bring to boil. Let stand without boiling 8 to 10 minutes. Strain from grounds. Serve immediately.

Tea

Use 1 teaspoon dry tea for each measuring cup (8 oz.) water. Use freshly drawn cold water; heat to boiling. Scald teapot; put in dry tea; pour on rapidly boiling water. Cover closely; let stand 3 to 5 minutes. Strain off into hot teapot for serving.

Cocoa

The usual rule is 2 teaspoons cocoa, 1 teaspoon sugar, 1 tablespoon cold water and ¾ cup milk to each cup. Mix cocoa with sugar and cold water; cook over slow fire until thick; add milk, and boil 1 minute, stirring continually. Beat with egg beater and serve immediately.

Chocolate

1½ squares chocolate
¼ teaspoon salt
1 cup cold water
3 cups milk
¼ cup sugar

Cut chocolate into pieces; add salt and water. Stir constantly over direct heat until smooth and let boil 2 minutes. Add milk and sugar; heat until foamy; beat with egg beater and serve at once.

Sandwiches and Variations

SANDWICHES, whether small ones for the tea table or large ones for the out-of-door picnic, should be made from carefully prepared materials. Sandwiches cannot be put together carelessly. Slice bread evenly with a sharp knife, using a slow sawing motion. Cut slices very thin. If crusts are to be removed they should be cut off before the bread is sliced. Butter both slices of bread and spread filling to the edge of the slice. Cut in attractive shapes and keep moist by wrapping in heavy waxed paper or a damp towel, in a cool place.

All varieties of bread may be used—white, whole wheat, graham, rye, raisin, nut, cheese, etc. Soft rolls, baking powder biscuits, scones, butter cakes and muffins, split and buttered, may be used with some fillings. Bread may be toasted on one side and the sandwich filling put between the untoasted sides; or the sandwich may be made up and then toasted, if the filling permits this method.

French dressing, mayonnaise, thin cream, melted butter, or bottled sauces may be used to thin out a filling mixture or to act as a binder for the ingredients. Lettuce or other greens are attractive between the slices.

Sandwich Filling Suggestions

American cheese, chopped or grated, with:
chili sauce or Worcestershire, onion juice
chopped onion, mushroom, catsup

Anchovy or sardine paste with:
chopped egg, lemon juice, mayonnaise
chopped ripe olives, mayonnaise

Avocado, mashed or chopped, with:
lemon juice, French dressing
chopped salted almonds, lemon juice

Cream or Cottage cheese with:
pineapple, salted almonds, mayonnaise
chopped prunes or apricots, nut meats, lemon or orange juice
chopped dates, candied orange peel

Dates, stoned and chopped with:
other dried fruits and orange juice
chopped nuts, thin cream
preserved ginger, lemon juice

Fish (lobster, shrimp, crab, salmon, tuna) with:
chopped celery, onion juice, mayonnaise
sliced tomato, mayonnaise

Meat (minced ham, lamb, chicken, tongue, corned beef, beef, veal, or combinations of these) with:
chutney sauce, mayonnaise
fresh tomato, chopped pickle, bottled sauce
chopped onion, tomato catsup

Miscellaneous
caviare, chopped hard cooked egg, onion juice
cucumber, watercress, mayonnaise
cooked chicken livers, crisp bacon, melted butter

French Toast Special

Spread slices of bread with butter and deviled ham. Put slices together in twos and dip them into mixture of egg and milk (2 eggs to 1 cup milk) and then saute the slices in butter until brown on both sides.

Hot Baked Sandwich

Toast slices of bread and make sandwiches with slices of left-over meat. Cut the sandwiches into triangles and place in buttered individual baking dishes. Cover with cream sauce (page 46). Add a layer of grated cheese, sprinkle with paprika and bake in a moderate oven (400° F.) until cheese is slightly browned.

Sandwich Loaf

Trim off crusts from 1 loaf of bread and slice lengthwise into four slices. Place bottom slice on a platter, spread with butter and then ½ cup chopped ham moistened with salad dressing. Place another slice of bread on the ham, butter and spread with 1 cream cheese mixed with 2 tablespoons chopped pineapple. Place third slice of bread on top of this, butter, cover with crisp lettuce, and spread with Russian dressing (made with mayonnaise and chili sauce). Place fourth slice of bread on top. Set in cool place for about 1 hour before serving. Cut crosswise in slices to serve. Entire loaf may be covered with softened cream cheese to give the appearance of cake, if desired. Serves 10.

Fish

WHEN a fish is fresh the flesh is firm and the gills are a bright pink. To clean, hold fish by tail and with sharp knife scrape off scales toward head; wipe with damp cloth; slit underside; carefully remove entrails; wash with cold water, removing all clots of blood from backbone. Always cook fish thoroughly.

Broiled Fish

Clean, wash, and split, removing backbone and fins along the edge. Very large fish should be cut into slices. Dry with cheesecloth; season with salt and pepper. Cook on well-greased broiler, from 10 to 20 minutes, turning once. Remove to hot platter; add melted butter and sprinkle with chopped parsley; garnish with slices of lemon and serve.

Baked Fish

Prepare as for Broiled Fish. Brush pan with drippings; place fish, skin side down; dust with salt, pepper and flour; pour over 2 tablespoons melted butter and ½ cup milk. Bake in hot oven at 425° F. for 20 to 25 minutes or until brown. Remove to hot platter, sprinkle with chopped parsley and serve.

Fried Fish

Clean, removing head and tail, unless fish are small; wash with cold water and dry; dust with salt, pepper and flour on both sides. Heat 1 tablespoon bacon drippings or other fat in heavy pan over hot fire. Put in fish; brown quickly on both sides; reduce heat and fry 5 to 10 minutes longer. Serve with chopped parsley and lemon or Sauce Tartare (page 42).

Scalloped Oysters

25 oysters with liquor
2 cups bread crumbs
½ cup milk and cream
2 tablespoons butter
1 teaspoon salt
¼ teaspoon pepper

Grease baking dish and cover bottom with bread crumbs, lay oysters in carefully; season and cover with bread crumbs; pour over milk, oyster liquor and cover top with butter. Bake in hot oven at 425° F. about 20 minutes.

Fried Oysters

Wash and drain oysters. Season with salt and pepper, dip in flour, egg and then bread or cracker crumbs. Fry in deep hot fat at 385° F. until golden brown. Drain well and garnish with lemon and parsley.

Codfish Balls

1 cup salt codfish
2 cups potatoes, cut into cubes or small pieces
⅛ teaspoon pepper
½ tablespoon butter
1 egg

Pick over, wash and shred fish. Put potatoes into deep saucepan; cover with cold water; add fish and boil until potatoes are soft. Take off fire; drain well; beat until light and all lumps are out; add seasoning, butter and beaten egg. Drop by spoonfuls into hot fat at 385° F. and fry until golden brown. Drain on unglazed paper and serve immediately.

New England Clam Chowder

25 clams
6 potatoes, cut in cubes
1 onion, sliced thin
⅛ lb. finely cut salt pork
2 teaspoons salt
⅛ teaspoon pepper
1 pint water
1 quart milk

Put hard parts of clams through food chopper. Pan-fry pork in chowder kettle for 5 minutes; add onion; cook slowly until onion is yellow; add potato, clams, clam juice, water and seasoning. Cover and simmer 30 minutes. Uncover and boil a few minutes if clams are tough. Add scalded milk and serve. If liked, the soup may be thickened with 1 tablespoon flour mixed with a little cold milk.

Shell Fish a la Newburg

2 cups finely cut shrimp, scallops, lobster, or crab meat
2 tablespoons butter
1 tablespoon flour
1 cup milk
2 hard boiled eggs
1 teaspoon salt
cayenne pepper to taste
¼ teaspoon paprika
¼ cup cooking sherry

If canned fish is used cover with cold water 20 minutes and drain. Melt butter in saucepan; add flour and stir until smooth; add cold milk slowly; boil until thick. Rub egg yolks through strainer and add, stirring until smooth; add seasoning, and finely chopped egg whites; add fish; put all in top of double boiler over fire for 15 minutes; add sherry and serve immediately.

Meats

THERE are 5 general methods for cooking meat; broiling, pan-broiling or frying, for steaks, chops, hamburg, etc.; roasting or baking for ribs, round, shoulder, rump and loin; boiling or stewing for corned beef, shank, shoulder, neck, etc.; and processes variously called pot-roasting, braising, en casserole, etc., a combination of baking and stewing, good for such cuts as chuck, short ribs, flank and brisket.

If meat is taken from cold place allow an extra 10-20 minutes for cooking. All immature meats such as lamb, veal and pork must be well cooked. Veal requires extra fat added to the pan with which to baste and brown the meat.

In general successful cooking of meat is accomplished without additional fat, and, for roasting, without much, if any, additional water. Roast meats must be seared at high temperature, 500° F. for the first 15-20 minutes of cooking, reducing heat to 450° F. and the cooking completed at a lower temperature with frequent basting. With a patent roaster basting is unnecessary.

Time Table for Meat and Poultry Cookery

	Broiled or Pan-broiled	*Roasted or Baked*	*Boiled*	*Braised*
Beef: roast up to 8 lbs.		8-10 min. per lb.		
8 to 12 lbs.		12-15 min. per lb.		
Beefsteak: 1 in. thick	8-10 min.			
2 in. thick	18-25 min.			
Beef fillet:	20 min.			
Beef, large piece:			15-20 min. per lb.	45-60 min. per lb.
Lamb: roast		20 min. per lb.		
Lamb chops: French	6-10 min.			
shoulder, loin	8-12 min.			
Mutton: roasts		20 min. per lb.		
Mutton chops:	10-12 min.			
Pork: roast loin, fresh ham		30 min. per lb.		
Pork chops, tenderloin	20-30 min.	30-50 min.		50-60 min.
Veal: roast leg and loin		30 min. per lb.		
Veal cutlet:	45-60 min.			
Veal chops:	10-15 min.			
Ham, tongue, corned beef			30 min. per lb.	
Chicken 1-2 lbs.	25-30 min.			
Chicken 3-4 lbs.		1½-2 hrs.	20-30 min. per lb.	
Fowl 4-5 lbs.		2-5 hrs.		
Duck		15-20 min. per lb.		
Goose		20-25 min. per lb.		
Turkey, young	25-30 min.	15-30 min. per lb.		
Turkey, mature		18-30 min. per lb.		

Baked Ham

Wash and scrub ham in warm water; soak over night. Put on to boil with cold water enough to cover; boil slowly until tender. Cool in water in which it was boiled; remove skin carefully; put in pan. For whole ham, cover with 1 cup brown sugar and 1 teaspoon pepper; add 2 cups cold water, cider, fruit or spiced pickle juices; bake in hot oven at 450° F. 45 to 60 minutes; baste often.

Veal Cutlet

Cutlet may be cooked whole or cut into pieces for serving. Dust with salt, pepper and flour. Brown on both sides in shallow fat in hot frying pan. Add boiling water to cover; season and cook slowly, covered, for about 1 hour. Thicken gravy with flour mixed with a little cold water.

Stuffed Shoulder of Veal, Lamb or Pork with Browned Potatoes

Purchase a 4 or 5 pound shoulder of veal, lamb or pork and have it boned. Weigh and wipe meat with a damp cloth. Prepare a dressing of 2 cups stale bread, 1 tablespoon each chopped onion and parsley, 1 teaspoon salt, ⅛ teaspoon pepper and 3 tablespoons melted butter or drippings. Fill meat pocket with dressing and sew up. Sear in hot oven at 450° F. for 20 minutes. When well browned, season with salt and pepper; add 1 quart white pared and quartered potatoes; roast until potatoes are brown and meat is tender. Remove to platter, scrape up fat and juices in roasting pan; add 1 tablespoon flour and stir until smooth and bubbly. Add boiling water to make 2 cups of gravy, season and cook until thick.

Pot Roast of Beef with Vegetables

Weigh meat and wipe with a damp cloth. Skewer or tie in shape if necessary. Melt 2 tablespoons drippings in a heavy kettle; fry 2 tablespoons thinly sliced onion until yellow but not brown. Put in meat, dredge with flour, season with salt and pepper, sear on both sides until brown. Add 2 cups boiling water; cover closely and cook slowly 2½ hours, adding water if it boils away. Half an hour before serving surround with pared and quartered potatoes, small whole carrots scraped and peeled and parboiled little onions. Cook until vegetables are tender. Serve the meat within a border of the vegetables. Add boiling water to the gravy in the pot and thicken with a little flour mixed with cold water.

Liver and Bacon

Have liver cut in thin slices; wash, drain, dry and roll in flour. Put bacon thinly sliced into hot frying pan; turn until brown and transfer to hot platter. Fry liver quickly in the hot bacon drippings, turning often. When done put on platter with bacon. Pour off all but 1 or 2 tablespoons fat, add 1 to 2 tablespoons flour, and stir until brown. Add hot water gradually to make smooth gravy, season and boil 1 minute.

Normandy Pot Dinner

Brown and season a piece of beef as directed for pot roast. Place in a heavy covered casserole from which steam cannot escape. Surround the meat with small peeled potatoes, cover with a layer of washed, dried apricots, covered with a layer of celery cut in inch pieces, then a layer of peeled and quartered carrots. Season each layer with salt and pepper, and a little minced parsley or crumbled dried celery leaves. Add 1 cup water. Cover closely and bake 4 hours in a slow oven at 275° F.

Lamb Stew

2 pounds lamb
1 quart potato cubes
1 pint quartered carrots
1 pint small peeled onions
1 cup tomatoes
¼ teaspoon pepper
1 tablespoon flour
½ teaspoon paprika
2 tablespoons chopped parsley

Cut meat in small pieces and roll in flour to which salt and pepper are added. Brown in hot fat. Cover with boiling water; stew slowly for 1½ hours; add onions, carrots, potatoes, seasonings and tomatoes, and cook until vegetables are tender, about 30 minutes. Add dumplings, cover closely, cook ten minutes without raising cover. Remove stew to hot platter, surround with dumplings, sprinkle with parsley.

Dumplings

1 cup flour
2 teaspoons Royal Baking Powder
½ teaspoon salt
½ cup cold water or milk

Sift flour, baking powder and salt; add enough liquid to make soft dough. Drop by spoonfuls into hot stew and steam, covered, for 10 minutes. There must be plenty of gravy to cook dumplings successfully.

Meat Loaf

1½ pounds lean veal or beef
⅛ pound salt pork
2 eggs
¼ cup dry bread crumbs
1 tablespoon chopped celery leaves
½ teaspoon powdered thyme
1 teaspoon lemon juice
1 teaspoon salt
¼ teaspoon pepper
½ cup milk

Have meat and pork put through food chopper together. Add other ingredients and mix well. Pack into loaf pan; bake in a moderately hot oven at 425° F. about 50 minutes. Do not pour off the fat until ready for meat to brown. Serve with Tomato, Mushroom or Brown Sauce.

Poultry

How to Clean

Singe over free flame; remove pinfeathers. Cut off head, feet and wing tips. Remove oil sac at base of tail. Slit skin at neck; loosen wind-pipe and crop; pull out. Push back skin from neck and cut off neck close to body. Save the neck for soup. Make slit below breast bone; loosen intestines from back bone and pull on gizzard firmly to loosen entrails. Cut around vent so that intestines are unbroken and pull out. Remove heart, lungs, kidneys and clotted blood. Allow cold water to run freely through bird. Wash thoroughly and dry. Cut through fleshy part of gizzard to inside sac and remove it carefully. Wash giblets (gizzard, liver and heart) to remove blood.

Roast Poultry

Fill cleaned and dried bird with dressing. Put a yard or more fine twine through trussing needle. Turn wings across back. Sew through thick portion of wings and body, passing over bone one way and under bone on return sewing; tie firmly, leaving long ends of twine. Press thighs against body and sew the same way. Sew through ends of legs, passing needle through rump for 1 or 2 stitches if opening is badly torn. Rub all over with soft butter and season. Place on rack in roasting pan and sear in hot oven, at 500° F. Make basting mixture of ½ cup each butter and hot water; keep hot and baste every 10 or 15 minutes. Reduce heat to 425° F. and finish cooking.

Poultry Dressing

2 cups stale bread
1 tablespoon finely cut onion
1 tablespoon drippings
1 tablespoon finely cut parsley
½ tablespoon salt
⅛ teaspoon pepper
¼ teaspoon paprika
powdered sage if desired

Soak bread in cold water 5 minutes and press out all water. Put drippings and onion into pan and cook slowly, stirring constantly, until onion is tender but not brown. Add bread, parsley and seasoning and mix well together.

Chicken Pie—Country Style

1 or 2 fowl cut in pieces
1 master recipe for Biscuits (page 3)
1 tablespoon finely chopped parsley
4 tablespoons grated raw carrot

Cover fowl with water; cook slowly until tender. Remove skin and bones if desired. Thicken gravy; season well. Place in baking dish. Cover with following crust:

Make biscuit dough, adding parsley and carrots to dry mixture; use water instead of milk. Roll out ½ inch thick. Cut into 2-inch squares; place on top of mixture in baking dish. Bake in hot oven at 475° F. about 15 minutes. Serves 8.

Giblet Gravy

Boil neck, gizzard and wing tips together until tender. Pour off excess of fat in pan in which poultry has been roasted; add enough stock from the gizzard and neck to make 3 cups of gravy. Chop cooked gizzard, liver and heart and add; then add 1 teaspoon finely cut onion, 1 teaspoon salt, ⅛ teaspoon pepper, 2 tablespoons flour mixed with a little cold water. Boil 3 minutes.

Fried Chicken

Select young frying chickens; cut into pieces for serving. Wash and dry each piece thoroughly. Roll in flour; sprinkle with salt and pepper. Melt enough fat to depth of 1 inch in a heavy frying pan. Brown chicken in the fat. When well browned, cover the pan and let cook very slowly about 30 minutes.

Oven Fried Chicken

Use a roasting chicken; prepare as for Fried Chicken. Brown in a heavy frying pan in small amount of fat. Add enough water to just cover bottom of pan. Cover and bake in moderate oven at 350° F. about 1 hour.

Fricassee of Chicken

Clean and disjoint a chicken. Put into saucepan with just enough boiling water to cover; add a teaspoon salt, a little pepper and, if desired, a teaspoon of onion juice. Boil slowly 2 hours or until tender; add a little water from time to time, as it boils away. Thicken with a tablespoon flour mixed with a little cold water and add 1 tablespoon finely chopped parsley. Serve with border of hot boiled rice or dumplings.

Oyster Dressing

20 oysters
2 tablespoons butter
4 cups bread crumbs
½ tablespoon salt
¼ teaspoon pepper
1 tablespoon chopped parsley

Drain and rinse oysters with cold water. Put butter in saucepan with oysters and bring to boiling point; add bread crumbs, seasoning and parsley; mix carefully, so that oysters will not be broken.

Baked Duck

Clean as for chicken. If stuffed, add dressing; sew up and place on rack in roasting pan. Sear in hot oven at 450° F. Reduce heat and finish cooking, see table (page 38). After 30 minutes pour off some of the fat in roasting pan and use hot water or orange juice for the basting. Orange juice may also be used to dilute the gravy. Serve duck with pan-fried apples, apple sauce or cranberry jelly.

Apple Dressing for Duck

Add 2 cups finely chopped apples and ½ teaspoon grated nutmeg to poultry dressing.

Eggs

Boiled Eggs

Drop into boiling water and boil 3 to 3½ minutes for soft boiled, 12 to 20 minutes for hard boiled; or place eggs in boiling water, cover, and cook over moderate heat without boiling from 8 to 10 minutes for soft, 20 to 40 minutes for hard cooked.

Poached Eggs

Break eggs carefully into boiling water in shallow greased frying pan. Cook slowly until eggs are set. Remove each with skimmer and serve on toast garnished with parsley.

Poached Eggs in Cream

Put ½ cup cream sauce into shallow baking dish. Open eggs carefully and place on sauce. Cook over boiling water 10 to 15 minutes or until eggs are set. Cover with ½ cup cream sauce, sprinkle with chopped parsley, dust with paprika and serve on rounds of toast.

Scrambled Eggs

Break eggs into bowl, season with salt and pepper; add 1 tablespoon milk, cream or water for each egg used and beat together. Pour into hot frying pan in which butter has been melted. Cook over slow fire stirring until cooked.

Puffy Omelet

4 eggs
½ teaspoon salt
⅛ teaspoon pepper
2 teaspoons Royal Baking Powder
1 tablespoon cornstarch
½ cup milk or half milk and half water

Separate eggs; mix salt, pepper, baking powder, cornstarch and milk with yolks of eggs. Beat whites until light though not dry and mix in well with yolks. Put into greased hot frying pan and cook slowly until well puffed up. Dry out in oven; fold over in half and serve immediately on hot platter. If desired serve with Tomato Sauce (page 42) added before omelet is folded.

Cheese Soufflé

2 tablespoons butter
3 tablespoons flour
½ cup milk
½ teaspoon salt
few grains cayenne
1 cup grated American cheese
yolks of 3 eggs
2 teaspoons Royal Baking Powder
whites of 3 eggs

Melt butter, add flour and seasonings, and when well-mixed add milk. Stir until thick; add cheese and milk. Remove from fire, add yolks of eggs beaten until light. Cool mixture and fold in baking powder and beaten egg whites. Bake in greased dish 25 minutes in moderate oven at 325° F. Serve at once.

Fish, Meat and Vegetable Sauces

Cream Sauce

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1 cup milk or cream

Melt butter; add flour, salt and pepper. Cook 1 or 2 minutes until thick and smooth. Add milk or cream. Cook, stirring constantly until thick and smooth.

Egg Sauce for Fish

1 recipe Cream Sauce
2 chopped hard-boiled eggs
1 tablespoon chopped parsley
1 teaspoon lemon juice or vinegar

Add eggs, parsley and lemon juice to white sauce after removing from fire.

Tomato Sauce

3 slices bacon cut into small pieces
1 slice onion, chopped
2 tablespoons flour
1½ cups strained tomatoes
1 tablespoon chopped green peppers
½ teaspoon salt
few gratings of nutmeg
cayenne

Put bacon into saucepan, add onion and brown slightly. Add flour, tomatoes which have been heated, and stir until thick and smooth. Add seasoning and peppers.

Mint Sauce

¼ cup chopped mint leaves
½ cup vinegar
¼ cup water
¼ cup brown or granulated sugar

Cook all ingredients in saucepan over very slow fire for about ½ hour. Do not allow to boil. Serve hot.

Brown Sauce or Gravy

1 tablespoon butter or fat in which meat was cooked
1 tablespoon flour
1 cup beef stock or boiling water
salt and pepper

Brown butter in saucepan; add flour and brown; add liquid and stir until smooth and thick. Season to taste and simmer 5 minutes.

Sauce Tartare

For each cup of thick mayonnaise, add the following chopped very fine: 2 tablespoons each of capers, olives, pickles and parsley. Press in a cloth till quite dry. Blend gradually with the mayonnaise.

Currant Jelly Sauce

½ glass currant jelly
1 cup hot brown sauce

Melt jelly over slow fire. Add sauce; stir well and simmer one minute.

Hollandaise Sauce

½ cup butter
2 egg yolks
1 tablespoon lemon juice
salt
cayenne
⅓ cup boiling water

Cream butter; divide into 3 parts. Place 1 part in top of double boiler; add egg yolks and lemon juice. Cook, stirring constantly, using a wire whisk until butter melts. Add second part of butter. As mixture thickens, add the third part. Add boiling water. Cook until thick, about 1 minute. Add seasonings.

Cranberry Sauce

1 quart cranberries
2 cups sugar
1 cup water

Put all together into saucepan. Cover until it boils. Remove cover and cook about 10 minutes or until berries have all burst. Pour into mold, chill and serve.

For Cranberry Jelly strain and put into mold and chill.

Horse-Radish Sauce

2 tablespoons butter
2 tablespoons grated fresh horse-radish
1 tablespoon very thick cream
½ teaspoon lemon juice

Cream butter; add horse-radish, cream and lemon juice. Keep very cold.

Apple Sauce

Wipe, pare and quarter sour apples; remove seeds and core; put into saucepan and add cold water to half cover. Cook rapidly, uncovered, until soft. Add sugar to taste. Cook a few minutes longer; remove from fire; add a little lemon peel, cinnamon or nutmeg.

Croquettes and other Luncheon Dishes

Chicken Croquettes

2 tablespoons butter
2 tablespoons flour
1 cup milk
2 teaspoons salt
1 teaspoon Worcestershire sauce
⅛ teaspoon paprika
⅛ teaspoon pepper
1 tablespoon chopped parsley
2 cups chopped cooked chicken
2 eggs

Melt butter; add flour and cold milk slowly, stirring until smooth and creamy; add seasoning and parsley. Boil 3 minutes. Add chicken; mix well and pour out on platter to cool. When cool enough to handle take a large spoon of the mixture in floured hands; shape into croquettes; put into cold place until firm. Roll in bread crumbs, then in egg beaten with 2 tablespoons cold milk, then in bread crumbs. Fry in deep hot fat at 385° F.

Rice Croquettes

1 cup rice
2 eggs
3 tablespoons milk
1 teaspoon salt
1 tablespoon sugar
1 tablespoon butter
1 teaspoon chopped parsley

Wash rice several times; boil with 2 quarts boiling water 30 minutes. Drain well; put in top of double boiler. Add 1 egg beaten with 2 tablespoons milk, salt, sugar, butter and parsley; cook until egg thickens. Cool and shape into croquettes. Dip in egg beaten with 1 tablespoon milk. Roll in bread crumbs; fry in deep hot fat at 385° F. until brown.

Salmon Croquettes

1 cup cooked salmon
1 tablespoon butter
1 tablespoon flour
¼ cup milk
1 teaspoon lemon juice
½ teaspoon salt
⅛ teaspoon pepper

Make a cream sauce with the butter, flour and milk. Put salmon into bowl and add the sauce, lemon juice and seasoning; mix with fork until salmon is well broken. Set aside and when cold, mold into desired shapes; roll in bread crumbs, then in egg beaten with 1 tablespoon cold milk, then in bread crumbs. Fry in deep hot fat at 385° F. until brown.

French Toast

½ cup flour
1 teaspoon Royal Baking Powder
¼ teaspoon salt
½ cup milk
1 egg
sliced bread

Sift dry ingredients; add milk and beaten egg; beat well. Into this dip bread, fry in hot fat, drain; serve hot with powdered sugar.

Baked Macaroni with Cheese

1 cup macaroni
1 tablespoon butter
1 tablespoon flour
1 cup milk
½ cup grated cheese
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika

Boil macaroni in salted water until soft; drain and rinse with cold water. Put into buttered baking dish and cover with sauce. Cover top with grated cheese and bake 20 minutes in hot oven.

Cheese Sauce

Melt butter in saucepan; add flour, mix well and add cold milk slowly, stirring until smooth; add cheese, salt, pepper and paprika. Boil 2 minutes.

Scalloped Eggs with Ham

4 hard-cooked eggs
2 cups cold boiled ham chopped fine
1 cup cream sauce
2 cups bread crumbs
2 tablespoons milk

Cut eggs into slices; cover bottom of greased baking dish with ⅓ of bread crumbs; then add in layers eggs, ham, cream sauce and crumbs, having crumbs for top layer. Add milk and bake in moderate oven about 20 minutes.

Boston Baked Beans

1 quart beans
½ pound salt pork
1 tablespoon salt
¼ teaspoon pepper
½ teaspoon dry mustard
2 tablespoons molasses

Wash and soak beans over night. Put into bean pot; wash salt pork and place in center; add 4 cups cold water; cover. Put into slow oven and bake 8 hours. Add more water if needed.

Salads and Salad Dressings

All salad greens such as lettuce, chicory, endive, romaine and watercress should be fresh, cold, crisp and dry. Wash leaves carefully; shake off moisture and put on ice in cloth, or wire basket. Dressings wilt the leaves; they should be added just before serving. Meat and fish salads should be marinated in French dressing before putting them together.

Fruit Salad

½ pound Malaga grapes
2 pears
1 grapefruit
1 orange
1 head lettuce

Wash; peel; remove seeds from all fruit; cut grapes into halves, pears in lengthwise pieces, grapefruit and orange into sections; allow to stand on ice. Serve on lettuce leaves with French dressing. Avocado pears, Casaba melon or other fruit may be substituted for above.

Vegetable Salad

1 cup finely cut cabbage
1 cup cold boiled beets
1 cup cold boiled carrots
1 cup cold boiled potatoes
1 cup finely cut celery
½ cup pimientos
1 head lettuce
1 cup French dressing

Soak cabbage in cold water 1 hour; drain and add beets, carrots, potatoes and celery. Mix well together, season with salt and pepper and serve on lettuce leaves. On top put strips of pimiento and serve with French dressing, to which may be added one teaspoon onion juice.

Chicken Salad

1 quart cold boiled chicken, cut into small cubes
1 pint finely cut celery
1 teaspoon salt
⅛ teaspoon pepper
2 hard boiled eggs
2 cups mayonnaise dressing
6 olives

Mix chicken which should be very tender, with celery, seasoning and one egg cut into small pieces; marinate with little French dressing, and let stand in cold place one hour. Serve on lettuce leaves and spread mayonnaise over top. Garnish with olives and remaining egg cut into slices. Dust with paprika.

French Dressing

½ cup salad oil
2 or 3 tablespoons vinegar or lemon juice
¼ teaspoon mustard or dash cayenne
½ teaspoon paprika
½ teaspoon, or more, salt
1 teaspoon sugar
few drops Worcestershire sauce

Put all ingredients in a covered glass jar and shake vigorously until thick and well blended. Seasonings are all more or less to taste. Serve very cold. This dressing can be used on all types of salad. It is economical to make up in quantity and keep on hand in the ice box.

For Spanish Dressing—add 2 tablespoons chili sauce.

For Roquefort Dressing—mash ⅛ pound Roquefort cheese to a paste; add 1 cup French dressing slowly while beating and 1 teaspoon onion juice.

For Thousand Island Dressing—add 2 tablespoons each chopped sweet pickle, green olives, and capers and 2 teaspoons chopped parsley.

Mayonnaise

1 egg
1 teaspoon salt
1 teaspoon sugar
½ teaspoon mustard
⅛ teaspoon paprika
1 tablespoon vinegar
1 tablespoon lemon juice
1 cup salad oil

Beat egg and seasonings together until thick, add vinegar and beat well. Add oil slowly, 1 teaspoon at a time, beating well between each addition. When ½ cup of oil is added, the remainder may be added alternately with lemon juice. For a thicker mayonnaise use 1 or 2 egg yolks in place of the whole egg.

For Russian Dressing—add 2 tablespoons chili sauce, ¼ cup chopped pimiento, and 1 teaspoon minced onion.

Salad Dressing

½ teaspoon salt
1½ tablespoon sugar
1 teaspoon mustard
½ tablespoon flour
few grains cayenne
½ cup vinegar
2 eggs
¾ cup milk
1 tablespoon butter or oil

Mix dry ingredients in top of double boiler; add vinegar and beaten egg yolks and mix; add milk and butter. Cook over hot water until thick and smooth. Take from fire; fold in beaten egg whites. Cool and serve.

Preserves

Plum Conserve

4 pounds plums
1 cup seeded raisins
2 oranges
sugar
juice of 1 lemon
½ pound walnuts

Wash plums; remove stones; add raisins and oranges which have been sliced very fine. Measure and add ¾ cup sugar to each cup fruit and juice. Put into kettle, cook slowly about 45 minutes or until thick like jam, stirring to keep from burning. Add lemon juice and chopped nuts. Pour into sterilized jars.

Spiced Currants

5 lbs. ripe currants
3 lbs. white sugar
1 tablespoon cinnamon
1 tablespoon nutmeg
1 tablespoon cloves
1 tablespoon allspice
½ pint vinegar

Boil currants one hour; add sugar, spices and vinegar; boil one half hour longer. Pour into jars.

Grapefruit Marmalade

Select firm perfect fruit. Wash 1 large grapefruit, 1 orange and 1 lemon. Slice as thinly as possible, discarding all seeds. Cover with 3 quarts of cold water and let stand until next day. Bring to boil slowly and boil 5 minutes. Remove from fire, add 5 lbs. sugar, stirring until sugar is dissolved. Let stand in kettle until next day. Boil slowly, stirring occasionally to prevent burning, until marmalade is thick and rich. Makes 12 glasses.

Sweet Tomato Pickle

½ peck green tomatoes
4 onions
4 green peppers
1 cup salt
½ cup white mustard seed
2 teaspoons pepper
3 teaspoons cinnamon
3 teaspoons allspice
3 teaspoons cloves
2 quarts vinegar
1 pound brown sugar

Chop tomatoes, onions and peppers; cover with salt and allow to stand over night. Drain and add to vinegar, spices and sugar which have been heated to boiling. Cook 15 minutes and seal in sterilized jars.

Watermelon Pickle

Wash melon rind thoroughly, discarding all pink pulp. Cut in small pieces and soak overnight in cold salted water (2 tablespoons salt to 1 quart water). Drain; cook in fresh water until tender. Add rind to boiling spiced syrup and cook until fruit is tender and translucent. Pour into sterilized jars, fill to overflowing with syrup, seal and cool.

Syrup: Boil 2 lbs. sugar with 1 pint each water and vinegar 5 minutes. Tie 1 thinly sliced lemon, 2 tablespoons broken stick cinnamon, 2 teaspoons each whole cloves and allspice berries in piece of cheesecloth. Add spice bag and cooked melon rind to syrup; cook as above. Remove spice bag; bottle while hot.

Chutney

15 large sour apples
4 sweet green peppers
2 or 3 medium onions
1 cup preserved ginger with syrup
1 small chili pepper
1 cup seeded raisins
3 cups vinegar
1 cup water
2 tablespoons white mustard seed
¼ teaspoon whole cloves
1 teaspoon allspice berries
1 small bay leaf
1½ cups brown sugar
1 teaspoon ground ginger
1 to 2 tablespoons salt

Pare, core and chop the apples; remove seeds from peppers and chop with onions. Cut ginger into small bits. Mix with raisins, vinegar and water. Put into preserving kettle with whole spices tied in a bag. Simmer gently for 2 hours. Add sugar, ground ginger, and salt to taste; boil again until mixture is thick. Bottle while hot. Makes 5 to 6 pints.

Pickled Peaches

2 pounds brown sugar
2 cups vinegar
1 ounce stick cinnamon
½ ounce whole cloves
4 quarts peaches

Boil sugar, vinegar and spices 20 minutes. Dip peaches quickly in hot water; then rub off the fuzz with a cloth. Place a few peaches at a time in syrup and cook until tender. Pack into sterilized jars. Adjust sterilized rubbers, and fill each jar to overflowing with hot strained syrup. Put on sterilized covers and seal jars immediately.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.

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It's the Cream of Tartar that makes the difference. Read the label when you buy. Royal is the only nationally distributed baking powder made with Cream of Tartar.